Directory of Seniors' Organizations in Alberta

Alberta
SENIORS

To obtain additional copies of this book, telephone:

Alberta Seniors
toll-free: 1-800-642-3853
(or in Edmonton area: 427-7876)

The information provided is subject to the provisions of the pertinent Government Acts and Regulations. Changes to programs, services and office locations may occur after the publication of this booklet.

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Introduction

This Directory of Seniors' Organization in Alberta is designed to:

- List organizations in the province that provide ongoing services and programs for seniors,
- Encourage networking between seniors' organizations,
- Provide points of contact so that seniors can become more involved in their community and province, and
- Encourage the creation of new community based seniors' organizations.

Not-for-profit organizations that offer at least one ongoing service or program designed specifically for seniors were invited to submit information for this directory. Organizations and agencies that offer programs geared to the general public have not been included. Organizations that provided detailed information about their services in this directory returned a completed questionnaire.

What's in the Directory?

National organizations are listed first, alphabetically, according to the organization name. Provincial organizations are listed second, also alphabetically according to the organization name. The third part of the directory lists local organizations under the municipality name, in alphabetical order.

Every effort has been made to ensure the information in the directory is current and complete. However, information about groups and organizations changes from time to time. Also, new groups are formed and some cease being active.

To help keep the directory up to date, please advise the Seniors Services Division of changes to your organization. Organizations who are not listed in this directory, but would like to be considered in future editions may contact Alberta Seniors at 1-800-642-3853.

Comments, suggestions and requests for additional booklets may be faxed or mailed to:

Alberta Seniors
Seniors Services Division
Client and Information Services
Box 3100
Edmonton, Alberta T5J 4W3

Fax: (780) 422-8762

Acknowledgements

Acknowledgements of appreciation are extended to the seniors' organizations that completed submission forms for the booklet.

Special Note

The views and policies of the organizations listed do not necessarily reflect those of the Government of Alberta. The Seniors Services Division is not responsible for the quality of services offered by these organizations or for cancelled programs.

Introduction

To simplify the booklet, several services and programs have been grouped together and listed as categories. Please contact the specific organization to inquire further about their programs.

Crafts
Includes one or more of the following:

- Craft classes
- Painting
- Quilting
- Sewing classes
- Woodworking

Sports
Includes one or more of the following:

- Aqua fitness
- Bocci ball
- Bowling
- Carpet bowling
- Curling
- Cycling
- Fitness programs
- Floor curling
- Horseshoes
- Pool/billards
- Shuffleboard
- Swimming
- Table tennis
- Tai chi classes
- Walking club
- Yoga

Clubs
Includes one or more of the following:

- Book club
- Photography club
- Writing club

Wellness clinics
Includes one or more of the following:

- Blood pressure clinics
- Blood donor clinics
- Cholesterol clinics
- Flu shot clinics
- Foot care clinics
- Hearing aid clinics

Music programs
Includes one or more of the following:

- A band
- A choir
- Jam sessions
- Sing-alongs

Games
Includes either or both of the following:

- Board games
- Card games

Alberta Seniors Information Service Centres

Alberta Seniors provides a toll-free telephone information and referral service and walk-in and outreach services on programs and services for seniors in Alberta. Information officers provide information and/or referrals about:

- Alberta Seniors Benefit program;
- Special Needs Assistance for Seniors program;
- Government and non-government services and programs; and
- Other issues of concern or interest to seniors.

Most services are available Monday through Friday, 8:15 a.m. to 4:30 p.m. Closed statutory holidays.

Alberta Seniors

Toll-free in Alberta: 1-800-642-3853
Edmonton: (780) 427-7876

Calgary

Kerby Centre, 1133 - 7 Avenue SW, Calgary, Alberta T2P 1B2
Phone: (403) 265-0661 Fax: (403) 264-7047

Edmonton

Main floor, Standard Life Centre, 10405 Jasper Avenue, Edmonton, Alberta T5J 4R7
Phone: (780) 427-7876 Fax: (780) 422-5954

Grande Prairie

1601 Provincial Building, 10320 - 99 Street, Grande Prairie, Alberta T8V 6J4
Phone: (780) 538-5300 Fax: (780) 538-5308

Lethbridge

Lethbridge Senior Citizens Organization, 500 - 11 Street S, Lethbridge, Alberta T1J 4G7
Phone: (403) 381-5469 Fax: (403) 382-4533

Medicine Hat

203 Provincial Building, 346 - 3 Street SE, Medicine Hat, Alberta T1A 0G7
Phone: (403) 529-3156 Fax: (403) 526-8813

Red Deer

Golden Circle Resource Centre, 4620 - 47 Avenue, Red Deer, Alberta T4N 3P5
Phone: (403) 340-7647 Fax: (403) 343-7977

St. Paul

3rd Floor Provincial Building, 5025 - 49 Avenue, St. Paul, Alberta T0A 3A4
Phone: (780) 645-6297 Fax: (780) 645-4760

Stony Plain

Main Floor, Provincial Building, 4709 - 44 Avenue, Stony Plain, Alberta T7Z 1N4
Phone: (780) 968-6552 Fax: (780) 968-6553

National Organizations

Listed in alphabetical order by organization.

Canadian Association of Retired Persons
424 Midpark Boulevard SE, Calgary, Alberta T2X 2K4
Phone: (403) 256-8603 Fax: (403) 256-1181
e-mail: mcintosj@cadvision.com
Website: www.cadvision.com/mcintosj/carp & www.fifty-plus.net
Annual Membership Fee: $6.00

The association is a national, non-profit organization representing Canada's 50-plus population. Examples of services and activities offered include volunteer tax preparation, newsletters and bi-monthly publications, an interactive website, seniors' discounts and advocacy services.

The Canadian National Institute for the Blind (Alberta NWT Nunavut Division)
15 Colonel Baker Place NE, Calgary, Alberta T2E 4Z3
Phone: (403) 266-8831/ 1-800-376-2642 Fax: (403) 265-5029
Website: www.cnib.ca

The CNIB provides counseling, rehabilitation services and support to help blind, deafblind and visually impaired people. More than 45 support groups for seniors with vision loss are available in communities throughout Alberta.

Federal Superannuates National Association
1904 - 13 Avenue N, Lethbridge, Alberta T1H 4W9
Phone: (403) 328-0801
e-mail: fsna@telusplanet.net
Website: www.fsna.com
Annual Membership Fee: $30.00
Hours of Operation: Monday - Friday, 10:00 a.m. - 3:30 p.m.

The organization represents pensioners and their spouses of the Canadian Forces, the Public Service of Canada and the Royal Canadian Mounted Police. Examples of services include member discounts, research on issues of concern to seniors, advocacy services and newsletters.

National Pensioners and Senior Citizens Federation
1237 - 4 Avenue S, Lethbridge, Alberta T1J 0P9
Phone: (403) 327-3264 Fax: (902) 533-2749
e-mail: helen.decoste@ns.sympatico.ca
Annual Membership Fee: $10.00

The federation provides briefs, newsletters and representation at the federal government to bring forward the specific needs and concerns of the elderly.

Provincial Organizations

Listed in alphabetical order by organization.

Alberta Association of Meals on Wheels
101 Erie Street S, Devon, Alberta T9G 1A6
Phone: (780) 987-8209 Fax: (780) 987-8232

The provincial association supports the Meals-on-Wheels service throughout Alberta. Meals-on-Wheels delivers low-cost, hot and frozen meals to seniors (age 60+), individuals with mental or physical disabilities and individuals who are convalescing. Other services include newsletters and referral services.

Alberta Council on Aging
401, 10707 - 100 Avenue, Edmonton, Alberta T5J 3M1
Phone: (780) 423-778/1-888-423-9666 Fax: (780) 425-9246
e-mail: acaging@interbaun.com
Website: www.compusmart.ab.ca/acaging
Annual Membership Fee: $15.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The province-wide charitable organization is comprised of individuals, organizations and agencies interested in issues and concerns related to Alberta's aging population. Examples of services include the Senior Friendly™ program, group insurance, newsletters, a resource library, advocacy services and referral services.

Alberta Retired Public Employees Society
13315 - 132 Avenue, Edmonton, Alberta T5L 3R4
Phone: (780) 455-6272
e-mail: k13020@aos.com
Annual Membership Fee: $5.00

The society serves individuals who have retired from public service within the Province of Alberta. Examples of services include pension information, members' advocacy, assistance completing forms and newsletters.

Alberta Retired Teachers' Association
408 Barnett House, 11010 - 142 Street, Edmonton, Alberta T5N 2R1
Phone: (780) 447-9474 Fax: (780) 447-0613
e-mail: altat@telusplanet.net
Website: www.teachers.ab.ca/links/arta.html
Annual Membership Fee: $12.00

The organization serves as an advocate for Alberta retired teachers on issues that affect their well-being.

Alberta Senior Citizens Housing Association
9711 - 47 Avenue, Edmonton, Alberta T6E 5M7
Phone: (780) 439-6473 Fax: (780)433-3717
e-mail: ascha@ascha.com
Website: www.ascha.com
Hours of Operation: Monday - Friday, 9:00 a.m. - 4:00 p.m.

The association represents the individuals and organizations that operate seniors' housing and service/product suppliers for this industry. Examples of services and activities offered include a provincial seniors' housing registry, specialized educational opportunities, advocacy services, information and rederral services, operating standards, surveys, research and networking opportunities.

Alberta Senior Citizens Sport and Recreation Association
2nd Floor, 818 - 16 Avenue NW, Calgary, Alberta T2M 0K1
Phone: (403) 297-2703 Fax: (403) 297-2702
e-mail: srssport@cadvision.com
Website: www.cadvision.com/srsport
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 3:00 p.m.

The association is responsible for organizing and administering the various levels of regional and district events for Alberta Seniors Games. Examples of other services include sports workshops and clinics, recreational activities and newsletters.

Alzheimer Society of Alberta
202, 2323 - 32 Avenue NE, Calgary, Alberta T2E 6Z3
Phone: (403) 250-1303 Fax: (403) 250-8241
e-mail: provincial@alzheimer.ab.ca
Website: www.alzheimer.ab.ca
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The organization works in partnership with six regional offices to offer education services, research services, support services and referral services on Alzheimer's Disease.

Catholic Social Services
Edmonton Central Office
8815 - 99 Street, Edmonton, Alberta T6E 3V3
Phone: (780) 432-1137 Fax: (780) 439-3194
Website: www.catholicsocialservices.ab.ca
Hours of Operation: Monday - Saturday, 9:00 a.m. - 9:00 p.m.

The organization offers community and immigration services, children and youth services, family services, rehabilitation services, substance abuse and corrections services, enhancement services and an elder abuse program. Programs are provided to persons of all faith and cultures.

Fédération des aînés franco-albertains
205, 8627 - 91 Street, Edmonton, Alberta T6C 3N1
Phone: (780) 465-8965 Fax: (780) 468-6535
e-mail: fafa@francalta.ab.ca
Website: www.francalta.ab.ca/fafa
Annual Membership Fee: $5.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The organization represents francophone Albertans who are 50 and older. Examples of services and activities offered include music programs, newsletters, guest speakers, personal development courses, theatrical presentations, video conferences and cultural events.

The Parkinson's Society of Alberta
3Y18 Edmonton General, 11111 Jasper Avenue
Edmonton, Alberta T5K 0L4
Phone: (780) 482-8993 Fax: (780) 482-8969
e-mail: info@parkinsonalberta.ca
Website: www.parkinsonalberta.ca
Annual Membership Fee: $25.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The society offers services for all persons living with Parkinson's Disease, their families and caregivers, health professionals and care facilities. Examples of services offered include counseling, peer support, a resource library, newsletters, advocacy services, guest speakers, and speech and communication education sessions for persons with Parkinson's.

Local Organizations

Listed in alphabetical order by community.

Acadia Valley

Acadia Valley Sunset Club
Box 63, Acadia Valley, Alberta T0J 0A0
Phone: (403) 972-3924
Annual Membership Fee: $10.00
Hours of Operation: Wednesday, 1:00 p.m. - 4:00 p.m.; Friday, 7:00 p.m. - 10:00 p.m.

The club offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, dances, sports, wellness clinics and facility rentals.

Acme

Acme Seniors
Box 562, Acme, Alberta T0M 0A0
Building Address: 112 Main Street
Phone: (403) 546-2154
Annual Membership Fee: $15.00
Hours of Operation: Tuesday, Thursday & Saturday, 12:00 p.m. - 5:00 p.m.

The organization offers services and activities for individuals 45 and older, such as drop-in coffee, potluck dinners, funeral lunches, visitation services, games, sports, a volunteer driver program, wellness clinics, volunteer tax preparation, assistance completing forms and facility rentals.

Airdrie

Airdrie Over 50 Club
Box 3801, Airdrie, Alberta T4B 2B9
Building Address: 275 Jensen Drive
Phone: (403) 948-6287
Annual Membership Fee: $20.00
Hours of Operation: Monday, Tuesday, Thursday & Friday, 9:00 a.m. - 4:00 p.m.;
Wednesday, 9:00 a.m. - 12:00 p.m. & 7:00 p.m. - 10:00 p.m.

The club offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, crafts, music programs, sports, clubs, group travel excursions, wellness clinics, newsletters and facility rentals.

Alberta Beach

Alberta Beach & District Senior Citizens Club
Box 263, Alberta Beach, Alberta T0E 0A0
Building Address: 5012 - 49 Avenue
Phone: (780) 924-3636
Annual Membership Fee: $10.00

The club offers services and activities for individuals 50 and older, such as Meals-on-Wheels, drop-in coffee, potluck dinners, funeral lunches, a food bank, games, crafts, dances, sports, group travel excursions, wellness clinics, a directory of services and facility rentals.

Alder Flats

Western Pioneers Senior Citizens Association
Box 92, Alder Flats, Alberta T0C 0A0

The association offers services and activities such as games, crafts, sports, group travel excursions, a book club, a resource library, wellness clinics and facility rentals.

Alix

Alix & District Drop-In Centre
Box 659, Alix, Alberta T0C 0B0
Phone: (780) 747-2085

Alliance

Alliance Fun For All Club
Box 175, Alliance, Alberta T0B 0A0
Building Address: 101 - 1 Avenue E
Annual Membership Fee: $2.00

The club offers services and activities for individuals 45 and older such as peer support, games, sports, clubs, group travel excursions, wellness clinics and facility rentals.

Amisk

Amisk Senior Society
Box 31, Amisk, Alberta T0B 0B0
Annual Membership Fee: $2.00
Hours of Operation: Tuesday & Thursday, 1:00 p.m. - 6:00 p.m.

The society offers services and activities for individuals 45 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, crafts, sports, group travel excursions, wellness clinics, newsletters, a directory of services, guest speakers and facility rentals.

Andrew

Andrew Seniors Rainbow Club
Box 518, Andrew, Alberta T0B 0C0
Phone: (780) 365-3606
Annual Membership Fee: $5.00

The club offers services and activities for individuals 45 and older, such as a volunteer driver program, drop-in coffee, potluck dinners, funeral lunches, visitation services, games, music programs, sports, group travel excursions, wellness clinics, a Commissioner of Oaths, assistance completing forms, guest speakers and facility rentals.

Ardmore

Ardmore Senior Citizens Club
Box 203, Ardmore, Alberta T0A 0B0

Ardrossan

Ardrossan Seniors Club
Box 75, Ardrossan, Alberta T8E 2A2
Building Address: 21 Queen Street
Phone: (780) 922-2025
Annual Membership Fee: $10.00

The club offers services and activities for individuals 55 and older, such as potluck dinners, funeral lunches, visitation services, games, sports, clubs, wellness clinics and facility rentals.

Athabasca

Athabasca & District Senior Citizens Society
5101 - 50 Avenue, Athabasca, Alberta T9S 1T2
Phone: (780) 675-2982
Annual Membership Fee: $5.00
Hours of Operation: Monday - Friday, 10:00 a.m. - 4:00 p.m.

The society offers services and activities for individuals 50 and older, such as a handi-van, drop-in coffee, potluck dinners, funeral lunches, counseling, widows'/widowers' support group, games, crafts, sports, group travel excursions, wellness clinics, guest speakers and facility rentals.

Banff

Banff Senior Citizens Society
Box 2194, Banff, Alberta T0L 0C0

The society offer services and activities such as games, group travel excursions, a book exchange, assistance completing forms, wellness clinics and newsletters.

Barons

Barons Senior Citizens Society
Box 238, Barons, Alberta T0L 0G0
Phone: (403) 757-2248
Annual Membership Fee: $5.00
Hours of Operation: Monday, Wednesday & Friday, 1:00 p.m. - 5:00 p.m.

The society offers services and activities for individuals 50 and older, such as a volunteer driver program, drop-in coffee, potluck dinners, funeral lunches, a food bank, games, sports, wellness clinics and facility rentals.

Barrhead

Barrhead & District Senior Citizens Society
Box 4457, Barrhead, Alberta T7N 1A3
Building Address: 5017 - 49 Street
Phone: (780) 674-3251
Annual Membership Fee: $10.00

The society offers services and activities for individuals 55 and older, such as potluck dinners, funeral lunches, games, music programs, sports, wellness clinics and facility rentals.

Bashaw

Buffalo Lake Golden Age Club
Box 571, Bashaw, Alberta T0B 0H0

The club offers services and activities such as games, sports, group travel excursions, wellness clinics and facility rentals.

Bassano

Bassano Pioneer Damsitters Drop-In-Centre
Box 268, Bassano, Alberta T0J 0B0
Phone: (403) 641-4072
Annual Membership Fee: $5.00

The centre offers services and activities for individuals 50 and older, such as shopping assistance, a volunteer driver program, drop-in coffee, potluck dinners, funeral lunches, peer support, games, music programs, sports, wellness clinics and facility rentals.

Bawlf

Bawlf Senior Citizens Society
Box 82, Bawlf, Alberta T0B 0T0
Phone: (780) 373-3794
Annual Membership Fee: $10.00
Hours of Operation: Monday & Friday, 8:00 a.m. - 12:00 p.m.; Wednesday, 1:00 p.m. - 5:00 p.m.

The society offers services and activities for individuals 45 and older, such as potluck dinners, funeral lunches, sports, wellness clinics and facility rentals.

Beaumont

St. Vital Seniors Centre
5204A - 50 Avenue, Beaumont, Alberta T4X 1E3
Annual Membership Fee: $10.00

The centres offers services and activities for individuals 50 and older, such as a volunteer driver program, a handi-van, drop-in coffee, potluck dinners, funeral lunches, games, sports and newsletters.

Beaverlodge

Beaverlodge Senior Citizens Association
Box 924, Beaverlodge, Alberta T0H 0C0
Building Address: 301 - 10 Street
Phone: (403) 354-3000 Fax: (403) 354-3000
Annual Membership Fee: $15.00
Hours of Operation: Monday - Friday, 9:30 a.m. - 3:00 p.m.

The association offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, games, dances, sports and facility rentals.

Beiseker

Golden Years Town and Country Club
Box 414, Beiseker, Alberta T0M 0G0
Building Address: 411 - 5 Street
Phone: (403) 947-3318 Fax: (403) 947-2145
Annual Membership Fee: $5.00

The club offers services and activities for individuals 55 and older, such as a volunteer driver program, drop-in coffee, potluck dinners, games, crafts, sports, wellness clinics, respite care, a podiatrist, guest speakers and facility rentals.

Bellevue

Bellecrest Senior Citizens
Box 426, Bellevue, Alberta T0K 0C0
Phone: (403) 564-4933
Annual Membership Fee: $2.00
Hours of Operation: Tuesday, 1:00 p.m. - 4:30 p.m.

The organization offers services and activities for individuals 65 and older, such as drop-in coffee, funeral lunches, games, wellness clinics, reflexology, a Commissioner of Oaths and volunteer tax preparation services.

Bellis

Senior Citizens Recreation Centre
General Delivery, Bellis, Alberta T0A 0J0

Benalto

Benalto Seniors Leisure Club
Box 85, Benalto, Alberta T0M 0H0
Hours of Operation: Tuesday, 1:00 p.m. - 4:00 p.m.

The club offers services and activities such as drop-in coffee, games, sports, newsletters and a directory of services.

Berwyn

Berwyn Golden Age Club
Box 355, Berwyn, Alberta T0H 0E0
Phone: (780) 338-3797
Annual Membership Fee: $2.00
Hours of Operation: Monday - Saturday, 1:30 p.m. - 4:30 p.m.

The club offers services and activities for individuals 50 and older, such as handyman services, a volunteer driver program, drop-in coffee, potluck dinners, widows'/widowers' support group, visitation services, games, sports and assistance completing forms.

Bezanson

Bezanson Golden Years Club
Box 178, Bezanson, Alberta T0H 0G0
Phone: (780) 532-6448
Annual Membership Fee: $3.00

The club offers services and activities such as Meals-on-Wheels, drop-in coffee, potluck dinners, funeral lunches, games, crafts, dances, music programs, sports, clubs, wellness clinics and facility rentals.

Big Valley

Big Valley Drop-In Centre
Box 13, Big Valley, Alberta T0J 0G0
Building Address: 144 Main Street W
Phone: (403) 876-2650 Fax: (403) 876-2340
Annual Membership Fee: $10.00

The centre offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, a food bank, counseling, widows'/widowers' support group, peer support, visitation services, games, crafts, music programs, sports, clubs, wellness clinics, assistance completing forms, a directory of services, guest speakers and facility rentals.

Black Diamond

Griffith Memorial Centre Association
Box 458, Black Diamond, Alberta T0L 0H0
Building Address: 124 Government Road
Annual Membership Fee: $6.00

The association offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, games, sports and facility rentals.

Blackfalds

Blackfalds Cheemo Club
Box 692, Blackfalds, Alberta T0M 0J0
Building Address: 5011 Broadway Avenue
Phone: (780) 885-4677
Annual Membership Fee: $5.00

The club offers services and activities for individuals 55 and older, such as potluck dinners, funeral lunches, games, sports and facility rentals.

Blackfoot

Blackfoot and District Golden Slippers Association
Box 91, Blackfoot, Alberta T0B 0L0

Blairmore

Blairmore Seniors Club
Box 883, Blairmore, Alberta T0K 0E0
Building Address: 13133 - 19 Avenue
Phone: (403) 562-8656
Annual Membership Fee: $5.00

The club offers services and activities for individuals 45 and older, such as shopping assistance, a volunteer driver program, potluck dinners, funeral lunches, a food bank, visitation services, games, wellness clinics, reflexology and facility rentals.

Bon Accord

Bon Accord Golden Gems Club
Box 472, Bon Accord, Alberta T0A 0K0
Phone: (780) 921-3888
Annual Membership Fee: $20.00
Hours of Operation: Tuesday, 1:00 p.m. - 4:00 p.m.

The club offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, sports, wellness clinics, guest speakers and facility rentals.

Bonnyville

Bonnyville Alzheimer Support Group
4602 - 47 Avenue, Bonnyville, Alberta T9N 2E8
Phone: (780) 826-3341 Fax: (780) 826-4890

The organization offers support and networking for individuals and families dealing with Alzheimer's Disease. Other services include a resource library, advocacy services and guest speakers.

Bonnyville Senior Citizens
4813 - 47 Avenue, Bonnyville, Alberta T9N 1M4
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 12:00 p.m. - 4:00 p.m.

The organization offers services and activities for individuals 50 and older, such as funeral lunches, catering, games, crafts, sports, wellness clinics and facility rentals.

Catholic Social Services - Bonnyville Office
Box 5335, 2nd Floor New Park Place, 5201 - 44 Street, Bonnyville, Alberta T9N 2G5
Phone: (780) 826-3935 Fax: (780) 826-5385
Website: www.catholicsocialservices.ab.ca

The organization offers community and immigration services, children and youth services, family services, rehabilitation services, substance abuse and corrections services, enhancement services and an elder abuse program. Programs are provided to persons of all faiths and cultures.

Botha

Botha Seniors Activity Club
Box 201, Botha, Alberta T0C 0N0
Building Address: 4914 - 50 Street
Annual Membership Fee: $1.00

The club offers services and activities for individuals 40 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, crafts, sports, a directory of services and facility rentals.

Bowden

Bowden Friendship Club
Box 496, Bowden, Alberta T0M 0K0

Bow Island

Bow Island Golden Age Club
Box 151, Bow Island, Alberta T0K 0G0
Building Address: 206 - 5 Avenue E
Phone: (403) 545-2992
Annual Membership Fee: $10.00
Hours of Operation: Monday - Saturday, 1:00 p.m. - 4:00 p.m.

The club offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, peer support, games, crafts, dances, sports, group travel excursions, volunteer tax preparation, assistance completing forms and facility rentals.

Boyle

Boyle & District Senior Citizens Association
Box 219, Boyle, Alberta T0A 0M0
Building Address: 4908 - 4 Street S
Phone: (780) 689-3977
Annual Membership Fee: $15.00

The association offers services and activities for individuals 50 and older, such as potluck dinners, games, sports, wellness clinics and facility rentals.

Breton

Breton Golden Age Club
Box 306, Breton, Alberta T0C 0P0
Building Address: 5020 - 50 Avenue
Phone: (780) 696-3824
Annual Membership Fee: $6.00

The club offers services and activities for individuals 55 and older, such as potluck dinners, afternoon teas, games, sports and facility rentals.

Breynat

Wandering River Senior Citizens Drop-In Centre
Box 55, Breynat, Alberta T0A 0P0

Brooks

Brooks & District Seniors Outreach Society
Box 1177, Brooks, Alberta T1R 1B9
Building Address: 327 - 3 Street W
Phone: (403) 362-4131 Fax: (403) 362-6736
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 8:00 a.m. - 12:00 p.m.

The society offers services and activities for individuals 55 and older, such as shopping assistance, a volunteer driver program, drop-in coffee, Alzheimer's support group, peer support, a personal emergency response system, an elder abuse program, visitation services, crafts, music programs, group travel excursions, wellness clinics, nutrition counseling, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, a resource library, internet access, newsletters, a directory of services and advocacy services.

Prairie Pioneers Club
511 - 2 Street W, Brooks, Alberta T1R 0E8
Phone: (403) 362-4102
Annual Membership Fee: $10.00

The club offers services and activities for individuals 55 and older, such as potluck dinners, games, dance classes, music programs, sports and facility rentals.

Bruderheim

Bruderheim Senior Citizens Club
Box 344, Bruderheim, Alberta T0B 0S0
Building Address: 5001 Queen Street
Phone: (780) 796-3055
Hours of operation: Monday - Friday mornings; Thursday evenings

The club offers services and activities for individuals 45 and older, such as drop-in coffee, potluck dinners, a food hamper, games, music programs, sports, group travel excursions, wellness clinics, nutrition counseling, guest speakers and facility rentals.

Buck Lake

Buck Lake Seniors Centre
Box 110, Buck Lake, Alberta T0C 0T0
Phone: (780) 388-3044
Annual Membership Fee: $1.00

The centre offers services and activities for individuals 55 and older, such as a volunteer driver program, drop-in coffee, potluck dinners, games, dances, sports, group travel excursions and wellness clinics.

Byemoor

Endmoor Drop-In Society
Box 126, Byemoor, Alberta T0J 0L0
Phone: (403) 579-3980
Annual Membership Fee: $3.00
Hours of Operation: Tuesday & Thursday, 2:00 p.m. - 5:00 p.m.

The society offers services and activities for individuals 50 and older, such as drop-in coffee, games, dances, sports and wellness clinics.

Calgary

Alzheimer Society of Calgary
1920 - 11 Street SE, Calgary, Alberta T2G 3G2
Phone: (403) 290-0110 Fax: (403) 269-8836
e-mail: info@alzheimercalgary.com
Website: www.alzheimercalgary.com
Annual Membership Fee: $10.00
Hours of Operation: Monday, Tuesday & Wednesday, 9:00 a.m. - 6:00 p.m.;
Thursday 9:00 a.m. - 9:00 p.m.; Friday 9:00 a.m. - 5:00 p.m.

The society offers educational materials and support to those affected by or caring for a person with Alzheimer's Disease. Services include education and training programs, support groups, peer support, games, crafts, music programs, sports, respite care, a wandering registry, a resource library, internet access, newsletters, a directory of services and advocacy services.

Banff Trail Community
2420 - 22A Street NW, Calgary, Alberta T2M 3X7
Building Address: 2115 - 20 Avenue NW
Phone: (403) 289-4963
Annual Membership Fee: $10.00

The organization offers services and activities for individuals 55 and older, such as funeral lunches, games and a directory of services.

Bow Cliff Seniors 50+
608 Poplar Road SW, Calgary, Alberta T3C 2Z7
Phone: (403) 246-0390 Fax: (403) 240-3197
Annual Membership Fee: $15.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:00 p.m.

The organization offers services and activities for individuals 50 and older, such as handyman services, shopping assistance, drop-in coffee, potluck dinners, peer support, games, crafts, dances, music programs, clubs, group travel excursions, wellness clinics, a podiatrist, nutrition counseling, volunteer tax preparation, assistance completing forms, a resource library, internet access, newsletters, a directory of services, advocacy services and guest speakers.

Bowmont Seniors Assistance Association
5000 Bowness Road NW, Calgary, Alberta T3B 0B9
Phone: (403) 286-1811 Fax: (403) 974-1512
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The association offers services such as counseling, widows'/widowers' support group, peer support, visitation services, wellness clinics, a podiatrist, nutrition counseling, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, a resource library, internet access, a directory of services and advocacy services.

Bowness Senior Citizens Club
6422 - 35 Avenue NW, Calgary, Alberta T3B 1S6
Phone: (403) 286-4488 Fax: (403) 202-2695
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 4:00 p.m.

The club offers services and activities for individuals 55 and older, such as a volunteer driver program, drop-in coffee, potluck dinners, funeral lunches, visitation services, games, crafts, dances, music programs, sports, clubs, group travel excursions, wellness clinics, a Commissioner of Oaths, volunteer tax preparation, newsletters, advocacy services, computer classes, guest speakers and facility rentals.

Calgary Chinese Elderly Citizens Association
111 Riverfront Avenue SW, Calgary, Alberta T2P 4Y8
Phone: (403) 269-6122 Fax: (403) 269-1951
e-mail: cceca@cadvision.com
Website: www.cadvision.com/cceca
Annual Membership Fee: $15.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 5:00 p.m.

The association offers services and activities for individuals 50 and older, such as a volunteer driver program, drop-in coffee, counseling, peer support, an elder abuse program, visitation services, games, dances, music programs, sports, wellness clinics, adult day care, a podiatrist, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, a resource library, internet access, newsletters, a directory of services, advocacy services, English as a second language classes, computer classes, guest speakers and facility rentals.

Calgary Jewish Centre
16070 - 90 Avenue SW, Calgary, Alberta T2V 4V7
Phone: (403) 253-8600 Fax: (403) 253-7915
Annual Membership Fee: Senior adult fee $240.25 or creative lifestyle fee $26.75
Hours of Operation: Monday - Friday, 6:00 a.m. - 10:00 p.m.

The centre offers services and activities for individuals 55 and older, such as a cafeteria, a food bank, counseling, an Alzheimer's support group, games, crafts, dances, music services, clubs, sports, group travel excursions, wellness clinics, a podiatrist, reiki, nutrition counseling, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, a resource library, internet access, newsletters, a directory of services, advocacy services, English as a second language classes, guest speakers and facility rentals.

Calgary Mayor's Senior Advisory Council
324 Silverbrook Way NW, Calgary, Alberta T3B 3G8
Phone: (403) 268-8714 Fax: (403) 202-0052
e-mail: msac@calcna.ab.ca
Website: www.members.home.net/cmsac

The advisory group assists the City of Calgary in developing an understanding of the needs of older persons in its population.

Calgary Meal on Wheels
3610 MacLeod Trail SE, Calgary, Alberta T2G 2P9
Phone: (403) 243-2834 Fax: (403) 243-8438
e-mail: info@mealsonwheels.com
Website: www.mealsonwheels.com
Annual Membership Fee: $5.00
Hours of Operation: Monday - Friday, 7:30 a.m. - 3:30 p.m.

The organization delivers two meals a day to seniors, people with disabilities and people who are convalescing. Other services include nutrition counseling and newsletters.

Calgary Seniors Resource Society
Box 716, King Tower, 807 - 6 Street SE, Calgary, Alberta T2G 4V8
Phone: (403) 266-6200 Fax: (403) 269-5183
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The society offers services, such as information and referrals, shopping assistance, a volunteer driver program, visitation services, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, newsletters, a directory of services and guest speakers.

The Canadian National Institute for the Blind
15 Colonel Baker Place NE, Calgary, Alberta T2E 4Z3
Phone: (403) 266-8831/1-800-376-2642 Fax: (403) 265-5029
Website: www.cnib.ca

The CNIB provides counseling, rehabilitation services and support to help blind, deafblind and visually impaired people. More than 45 support groups for seniors with vision loss are available in communities throughout Alberta.

Confederation Park Senior Citizen Centre
2212 - 13 Street NW, Calgary, Alberta T2M 4P7
Phone: (403) 289-4780 Fax: (403) 289-2028
e-mail: confedparksrcentre@home.com
Annual Membership Fee: $15.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The centre offers services and activities for individuals 55 and older, such as handyman services, drop-in coffee, potluck dinners, a cafeteria, peer support, visitation services, games, crafts, dances, music programs, sports, clubs, group travel excursions, wellness clinics, a podiatrist, reflexology, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, a resource library, internet access, newsletters, a directory of services, advocacy services, computer classes, guest speakers and facility rentals.

Deaf and Hard of Hearing Services
63 Cornell Road NW, Calgary, Alberta T2L 0L4
Phone: (403) 284-6200 Fax: (403) 282-7006
e-mail: reception@dhhs.org
Website: www.dhhs.org
Annual Membership Fee: Seniors $19.00; Non-seniors $25.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The organization offers seniors who are hard of hearing coping skills, referral services, interpreting services, speech reading classes, games, a resource library, special equipment, newsletters and facility rentals.

Fish Creek Senior Citizens Centre
400, 111 - 146 Avenue SE, Calgary, Alberta T2H 0Y2

Glamorgan 55 Plus Seniors Club
Box 35052 Sarcee Postal Outlet, Calgary, Alberta T3E 7C7
Building Address: 3130 - 40 Avenue SW
Phone: (403) 246-8316
Annual Membership Fee: $10.00
Hours of Operation: Tuesday, Wednesday & Thursday, 9:00 a.m. - 3:00 p.m.

The club offers services and activities for individuals 55 and older, such as games, crafts, sports, group travel excursions, newsletters, a directory of services, computer classes and guest speakers.

The Golden Age Club
610 - 8 Avenue SE, Calgary, Alberta T2G 0M1
Phone: (403) 262-6342 Fax: (403) 262-9395
e-mail: goldenag@calcna.ab.ca
Annual Membership Fee: $15.00
Hours of Operation: Monday - Friday, 8:00 a.m. - 4:00 p.m.

The club offers services and activities for individuals 45 and older, such as drop-in coffee, a cafeteria, counseling, games, crafts, dances, sports, group travel excursions, wellness clinics, adult day care, a Commissioner of Oaths, a resource library, internet access, newsletters, computer classes, guest speakers and facility rentals.

Good Companions 50 Plus Club
2609 - 19 Avenue SW, Calgary, Alberta T3E 0E9
Phone: (403) 249-6991
Annual Membership Fee: $14.00
Hours of Operation: Monday - Friday, 9:30 a.m. - 4:30 p.m.

The club offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, a food bank, games, crafts, dances, sports, club. , group travel excursions, wellness clinics, a podiatrist, volunteer tax preparation, assistance completing forms, newsletters, a directory of services, guest speakers and facility rentals.

Greater Forest Lawn Senior Citizen's Society
3425 - 26 Avenue SE, Calgary, Alberta T2B 2P2
Phone: (403) 272-4661 Fax: (403) 272-6153
Annual Membership Fee: $15.00
Hours of Operation: Monday - Thursday, 9:00 a.m. - 4:00 p.m.; Friday, 9:00 a.m. - 12:00 p.m.

The society offers services and activities for individuals 55 and older, such as drop-in coffee, funeral lunches, counseling, widows'/widowers' support group, peer support, visitation services, games, crafts, dances, music programs, sports, clubs, group travel excursions, wellness clinics, a podiatrist, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, internet access, newsletters, a directory of services, advocacy services and guest speakers.

Hungarian Senior Circle
43 Slogan Road SW, Calgary, Alberta T2W 0T1
Building Address: 819 - 13 Avenue SW
Phone: (403) 242-8214
e-mail: seiberta@cadvision.com
Annual Membership Fee: $3.00
Hours of Operation: Wednesday, 9:00 a.m. - 5:00 p.m.

The organization offers services and activities for individuals 55 and older, such as games, clubs, group travel excursions, volunteer tax preparation and assistance completing forms.

Indus Live Wires
Box 4 Site 20 RR 5, Calgary, Alberta T2P 2P6
Building Address: Indus Curling Rink
Phone: (403) 936-5351
Annual Membership Fee: $10.00

The organization offers services and activities for individuals 50 and older, such as potluck dinners, games, music programs, sports, group travel excursions and wellness clinics.

Inglewood Silver Threads Association
1311 - 9 Avenue SE, Calgary, Alberta T2G 0T2
Phone: (403) 264-1006
Annual Membership Fee: $10.00

The association offers services and activities for individuals 55 and older, such as crafts and sports.

Jewish Family Service Calgary
200 - 4014 Macleod Trail S, Calgary, Alberta T2G 2R7
Phone: (403) 287-3510 Fax: (403) 287-3735
e-mail: jfsc@telusplanet.net
Website: www.jewishfamilyservicecalgary.org
Annual Membership Fee: $18.00
Hours of Operation: Monday - Thursday, 8:30 a.m. - 5:00 p.m.; Friday, 8:30 a.m. - 2:00 p.m.

The organization offers services and activities for individuals 55 and older, such as Meals-on-Wheels, counseling, a food bank, a Commissioner of Oaths, assistance completing forms, newsletters, advocacy services, assistance for new immigrants, English as a second language classes, guest speakers, Holocaust survivors assistance and a medical interpreter (Russian-English).

Kerby Centre
1133 - 7 Avenue SW, Calgary, Alberta T2P 1B2
Phone: (403) 265-0661 Fax: (403) 264-7047
e-mail: info@kerbycentre.com
Website: www.kerbycentre.com
Annual Membership Fee: $15.00
Hours of Operation: Monday - Friday, 8:00 a.m. - 4:30 p.m.
Shelter is open 24 hours/day, 7 days/week.

The centre offers services and activities for individuals 60 and older, such as drop-in coffee, a cafeteria, funeral lunches, counseling, widows'/widowers' and alcohol addiction support groups, an elder abuse program, games, crafts, dances, music programs, sports, clubs, group travel excursions, wellness clinics, adult day care, a Commissioner of Oaths, shopping assistance, volunteer tax preparation, assistance completing forms, a resource library, internet access, newsletters, a directory of services, advocacy services, computer classes, guest speakers, facility rentals, legal services and a shelter for abused seniors.

Montgomery Community Association
5003 - 16 Avenue NW, Calgary, Alberta T3B 0N2
Phone: (403) 247-3116

Odgen House Seniors' Club
2102 - 69 Avenue SE, Calgary, Alberta T2C 3Y4
Phone: (403) 279-2003

Open Door Senior Fellowship of Calgary
513 - 13 Avenue SW, Calgary, Alberta T2R 0K4
Phone: (403) 269-7900 Fax: (403) 269-4916
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 3:00 a.m.

The organization offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, games, crafts, music programs, sports, group travel excursions, wellness clinics and guest speakers.

Parkdale Nifty Fifties Social Club
3512 - 5 Avenue NW, Calgary, Alberta T2N 0V7
Phone: (403) 283-0620 Fax: (403) 283-0602
Annual Membership Fee: $10.00
Hours of Operation: Monday - Thursday, 9:00 a.m. - 3:00 p.m.

The club offers services and activities for individuals 45 and older, such as potluck dinners, funeral lunches, peer support, games, crafts, sports, clubs, group travel excursions, wellness clinics, a resource library, newsletters, guest speakers and facility rentals.

Parkridge Sundowners
42 Burroughs Place, Calgary, Alberta T1Y 6K5
Phone: (403) 280-8875

Ramsay Welcome Centre
1140 - 8 Street SE, Calgary, Alberta T2G 2Z7
Phone: (403) 263-2277
Annual Membership Fee: $5.00
Hours of Operation: Monday, Wednesday & Friday, 1:00 p.m. - 5:00 p.m.

The centre offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, a food bank, games, crafts, sports, clubs and group travel excursions.

Renfrew 50+ Club
1318 Regal Crescent NE, Calgary, Alberta T2E 6Y6
Phone: (403) 276-4747 Fax: (403) 276-4746
Annual Membership Fee: $15.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 3:30 p.m.

The club offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, peer support, visitation services, games, crafts, music programs, clubs, sports, group travel excursions, wellness clinics, a podiatrist, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, a resource library, internet access, newsletters, a directory of services, advocacy services, guest speakers and facility rentals.

Southwood Seniors
11 Sackville Drive SW, Calgary, Alberta T2W 0W3
Phone: (403) 258-0919
e-mail: mallinsonjonahwd@aol.com
Annual Membership Fee: $15.00
Hours of Operation: Thursday, 10:00 a.m. - 3:00 p.m.

The organization offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, peer support, games, clubs, dances, music programs, group travel excursions, wellness clinics, newsletters and guest speakers.

Springbank Heritage Club
244168 Range Road 33, Calgary, Alberta T3Z 2E7
Phone: (403) 242-9350
Annual Membership Fee: $25.00

The club offers services and activities for individuals 55 and older, such as a handi-van, drop-in coffee, potluck dinners, funeral lunches, a food bank, games, music programs, sports, group travel excursions, wellness clinics, guest speakers and facility rentals.

St. Vladimirs Senior Citizens Club
404 Meredith Road NE, Calgary, Alberta T2E 5A6
Phone: (403) 264-3437

Thornview Seniors Community Association
5600 Centre Street N, Calgary, Alberta T2K 0T4
Phone: (403) 275 - 0300 Fax: (403) 275-7310
Annual Membership Fee: $10.00

The association offers services and activities for individuals 55 and older, such as potluck dinners, funeral lunches, a food bank, games, crafts, music programs, sports, clubs, group travel excursions, wellness clinics, a podiatrist, newsletters, directory of services, guest speakers and facility rentals.

Victoria Community Seniors
1302 - 6 Street SE, Calgary, Alberta T2G 4Z2
Phone: (403) 269-3485
Annual Membership Fee: Individual: $5.00; Families & Couples: $7.00

West Hillhurst Go-Getters Association
1940 - 6 Avenue NW, Calgary, Alberta T2N 0W3
Phone: (403) 283-3720 Fax: (403) 283-3744
e-mail: gogetter@telusplanet.net
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 8:00 a.m. - 4:00 p.m.,

The association offers services and activities for individuals 55 and older, such as handyman services, shopping assistance, funeral lunches, a food bank, counseling, widows'/widowers' & alcohol addiction support groups, peer support, an elder abuse program, visitation services, games, crafts, dances, music programs, sports, clubs, group travel excursions, wellness clinics, a podiatrist, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, internet access, newsletters, a directory of services, advocacy services, computer classes, guest speakers and facility rentals.

Westside Senior Service Centre
134 Scarboro Avenue SW, Calgary, Alberta T3C 2H1
Phone: (403) 244-1100 Fax: (403) 229-2004
e-mail: westsideseniors@scarborounited.ab.ca
Annual Membership Fee: $15.00
Hours of Operation: Monday & Wednesday, 9:00 a.m. - 3:00 p.m.

The centre offers services and activities for individuals 55 and older, such as games, music programs, clubs, wellness clinics, fitness and dance classes, internet access, newsletters, a directory of services and guest speakers.

Calmar

Calmar & District Senior Citizens Club
Box 505, Calmar, Alberta T0C 0V0
Building Address: 4916 - 50 Avenue
Phone: (780) 985-3117
Annual Membership Fee: $2.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 11:30 a.m.

The club offers services and activities for individuals 55 and older, such as shopping assistance, a volunteer driver program, a handi-van, drop-in coffee, potluck dinners, funeral lunches, an elder abuse program, games, sports, group travel excursions, wellness clinics, a podiatrist and facility rentals.

Camrose

Camrose & District Senior Centre Society
5415 - 49 Avenue, Camrose, Alberta T4V O6N
Phone: (780) 672-7022 Fax: (780) 679-0194
Annual Membership Fee: $15.00
Hours of Operation: Monday - Friday, 8:00 a.m. - 5:00 p.m.

The society offers services and activities for individuals 50 and older, such as a volunteer driver program, a handi-van, drop-in coffee, potluck dinners, a cafeteria, funeral lunches, an elder abuse program, games, crafts, dances, music programs, sports, group travel excursions, wellness clinics, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, a resource library, internet access, newsletters, computer classes and facility rentals.

Canmore

Canmore Seniors Association
Box 8222, Canmore, Alberta T1W 2T9
Building Address: 600 - 9 Street
Phone: (403) 678-2457 Fax: (403) 678-2457
e-mail: csal@expertcanmore.net
Annual Membership Fee: $15.00

The association offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, a food bank, games, dances, music programs, sports, clubs, group travel excursions, volunteer tax preparation, internet access, a directory of services, guest speakers and facility rentals.

Carbon

New Horizons
Box 26, Carbon, Alberta T0M 0L0
Building Address: 718 Glengary Street
Phone: (403) 572-3444
Annual Membership Fee: $10.00
Hours of Operation: Monday, 9:45 a.m. - 11:00 a.m.; Tuesday & Wednesday, 1:00 p.m. - 4:00 p.m.; Thursday 7:00 p.m. - 10:00 p.m.

The organization offers services and activities for individuals 45 and older, such as Meals-on-Wheels, a volunteer driver program, drop-in coffee, potluck dinners, games, sports and wellness clinics.

Cardston

Cardston Seniors Society
Box 1898, Cardston, Alberta T0K 0K0
Building Address: 260 - 1 Street W
Phone: (403) 653-4526
Annual Membership Fee: $10.00

The society offers services and activities for individuals 55 and older, such as potluck dinners, games, crafts, sports, group travel excursions, wellness clinics and facility rentals.

Carmangay

Carmangay Seniors
Box 98, Carmangay, Alberta T0L 0N0
Building Address: Grand Avenue
e-mail: nbaum@telusplanet.net
Annual Membership Fee: $10.00

The organization offers services and activities for individuals 45 and older, such as potluck dinners, games, sports, wellness clinics, a directory of services and facility rentals.

Caroline

Caroline & District Senior Citizens Drop In Center
Box 483, Caroline, Alberta T0M 0M0
Building Address: 5111 - 49 Avenue
Phone: (403) 722-4045
Annual Membership Fee: $5.00

The centre offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, a food bank, a personal emergency response system, games, sports, group travel excursions, wellness clinics, a podiatrist and facility rentals.

Carseland

Carseland Jet Setters
Box 39, Carseland, Alberta T0J 0M0

Carstairs

Carstairs and District Half-Century Association
Box 1043, Carstairs, Alberta T0M 0N0
Phone: (403) 337-3904
Annual Membership Fee: $5.00
Hours of Operation: Tuesday - Saturday, 1:00 p.m. - 5:00 p.m.

The association offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, visitation services, games, crafts, music programs, sports, wellness clinics, guest speakers and facility rentals.

Caslan

Caslan Pioneer Club
Box 166, Caslan, Alberta T0A 0R0
Phone: (780) 689-2510

Castor

Castor Golden Circle
Box 816, Castor, Alberta T0C 0X0
Building Address: 5103 - 51 Street
Phone: (403) 882-4055
Annual Membership Fee: $5.00

The organization offers services and activities for individuals 45 and older, such as potluck dinners, funeral lunches, games, crafts, music programs, sports, wellness clinics and facility rentals.

Cereal

Cereal Golden Center Group
Box 187, Cereal, Alberta T0J 0N0
Phone: (403) 326-3868
Annual Membership Fee: $10.00

The group offers services and activities such as drop-in coffee, potluck dinners, a food bank, peer support, games, sports, group travel excursions, wellness clinics and facility rentals.

Champion

Champion Pioneer Club
Box 88, Champion, Alberta T0L 0R0
Building Address: 119 Main Street
Phone: (403) 897-3983
Annual Membership Fee: $15.00

The club offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, games and wellness clinics.

Chauvin

Senior Citizen Drop-In Centre
RR 1, Chauvin, Alberta T0B 0V0
Phone: (780) 858-2225
Annual Membership Fee: $1.00

The centre offers services and activities for individuals 50 and older, such as Meals-on-Wheels, a volunteer driver program, drop-in coffee, potluck dinners, funeral lunches, a food bank, games, crafts, sports, group travel excursions, wellness clinics and facility rentals.

Chipman

Chipman Golden Seniors Club
Box 204, Chipman, Alberta T0B 0W0

Clairmont

Clairmont Seniors Club
Box 531, Clairmont, Alberta T0H 0W0
Phone: (780) 567-2121
Annual Membership Fee: $2.00

The club offers services and activities for individuals 45 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, crafts, sports, wellness clinics and facility rentals.

Clandonald

Clandonald Friendship Club
General Delivery, Clandonald, Alberta T0B 0X0
Annual Membership Fee: $3.00

The club offers services and activities for individuals 55 and older, such as a volunteer driver program, drop-in coffee, potluck dinners, funeral lunches, counseling, games, sports, wellness clinics, newsletters and facility rentals.

Claresholm

Claresholm Senior Citizen Drop In Centre
Box 1518, Claresholm, Alberta T0L 0T0
Phone: (403) 625-2877
Annual Membership Fee: $15.00
Hours of Operation: Monday - Saturday, 9:30 a.m. - 11:00 a.m. & 1:00 p.m. - 5:00 p.m.

The centre offers services and activities for individuals 45 and older, such as drop-in coffee, potluck dinners, a food bank, games, music programs, sports, group travel excursions, wellness clinics and facility rentals.

Clyde

Clyde and District Senior Citizens Club
Box 265, Clyde, Alberta T0G 0P0
Building Address: 4714 - 50 Street
Phone: (780) 348-5348
Annual Membership Fee: $3.00

The club offers services and activities for individuals 50 and older, such as potluck dinners, a food bank, games, sports and wellness clinics.

Coaldale

Coaldale Senior Centre
1806 - 21 Avenue, Coaldale, Alberta T1M 1G8
Phone: (403) 345-5227
Annual Membership Fee: $10.00

The centre offers services and activities for individuals 55 and older, such as Meals-on-Wheels, games, music programs, sports, group travel excursions, guest speakers and facility rentals.

Coalhurst

Coalhurst 55 Plus Society
Box 753, Coalhurst, Alberta T0L 0X0
Building Address: 5205 - 6 Street
Phone: (403) 381-3736
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 7:00 p.m. - 10:00 p.m.

The society offers services and activities for individuals 45 and older, such as shopping assistance, a volunteer driver program, potluck dinners, funeral lunches, games, crafts, sports, group travel excursions and wellness clinics.

Cochrane

Big Hill Senior Citizens Activities Society
Box 1480, Cochrane, Alberta T4C 1B4
Phone: (403) 932-2006
Annual Membership Fee: $5.00

The society provides transportation services to seniors and handicapped persons in the Cochrane area.

Cochrane 50 & Over Club
Box 296, Cochrane, Alberta T4C 1A5

Cold Lake

Catholic Social Services - Cold Lake Office
102, 4817 - 52 Street, Cold Lake, Alberta
Phone: (780) 594-6326 Fax: (780) 594-6327
Website: www.catholicsocialservices.ab.ca

The organization offers community and immigration services, children and youth services, family services, rehabilitation services, substance abuse and corrections services, enhancement services and an elder abuse program. Programs are provided to persons of all faiths and cultures.

Cherry Grove Seniors
Box 615, Cold Lake, Alberta T9M 1P2
Phone: (780) 594-2705

Cold Lake Kinosoo Senior Citizens Society
301 - 10 Street, Cold Lake, Alberta T9M 1A5
Phone: (780) 639-3677
Annual Membership Fee: $5.00

The society offers services and activities for individuals 50 and older, such as games, sports, group travel excursions and facility rentals.

Grand Centre Pensioners & Seniors Club
Box 483, Cold Lake, Alberta T9M 1P1
Building Address: 5513 - 48 Avenue
Phone: (780) 594-5666
Annual Membership Fee: $5.00
Hours of Operation: Tuesday, Wednesday & Friday, 9:00 a.m. - 10:00 a.m. & 2:00 p.m. - 4:00 p.m.

The club offers services and activities for individuals 50 and over, such as Meals-on-Wheels, a volunteer driver program, drop-in coffee, potluck dinners, peer support, visitation services, games, music programs, sports, group travel excursions, wellness clinics, respite care, volunteer tax preparation, assistance completing forms, a directory of services, guest speakers and facility rentals.

Riverhurst Seniors Guild
Box 8363, Riverhurst Community Hall, Cold Lake, Alberta T9M 1N2
Phone: (780) 639-2162
Annual Membership Fee: $5.00

The organization offers services and activities for individuals 55 and older, such as shopping assistance, a volunteer driver program, potluck dinners, funeral lunches, visitation services, games, dances, music programs, sports, volunteer tax preparation and assistance completing forms.

Coleman

Coleman Seniors Drop-In Centre Association
18 Avenue, Coleman, Alberta T0K 0M0
Annual Membership Fee: $5.00

The association offers services and activities for individuals 60 and older, such as potluck dinners, funeral lunches, a food bank, games, sports, wellness clinics and facility rentals.

Coronation

Coronation Golden Age Club
Box 321, Coronation, Alberta T0C 1C0
Building Address: 5001 Royal Street
Phone: (403) 578-3410
Annual Membership Fee: $2.00
Hours of Operation: Monday - Saturday, 2:00 p.m. - 5:00 p.m.

The club offers services and activities for individuals 45 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, crafts, sports, wellness clinics and facility rentals.

Cremona

Cremona Gold & Silver Society
Box 312, Cremona, Alberta T0M 0R0
Building Address: Main Street
Annual Membership Fee: $10.00

The society offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, games, sports, clubs, group travel excursions, wellness clinics and facility rentals.

Crossfield

Crossfield Golden Key Club
Box 722, Crossfield, Alberta T0M 0S0
Building Address: 1016 Chisolm Avenue
Phone: (403) 946-5152
Annual Membership Fee: $5.00

The club offers services and activities for individuals 50 and older, such as potluck dinners, games, sports, music programs, group travel excursions and wellness clinics.

Czar

The Hitching Post Seniors Society of Czar
Box 112, Czar, Alberta T0B 0Z0
Building Address: 4907 - 50 Avenue
Phone: (780) 857-3801
Annual Membership Fee: $12.00
Hours of Operation: Monday - Saturday, 1:00 p.m. - 5:00 p.m.

The organization offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, an elder abuse program, games, sports, group travel excursions, wellness clinics, a directory of services and facility rentals.

Darwell

Interlake Golden Age Club
Box 132, Darwell, Alberta T0E 0L0
Phone: (780) 892-2939
Hours of Operation: Tuesday, 1:00 p.m. - 5:00 p.m.; Friday, 7:00 p.m. - 10:30 p.m.

The club offers services and activities for individuals 50 and older, such as potluck dinners, funeral lunches, games, sports, group travel excursions, wellness clinics and facility rentals.

Daysland

Sunbeam Drop-In Centre of Daysland
Box 525, Daysland, Alberta T0B 1A0
Building Address: 5007 - 50 Street
Phone: (780) 374-3514
Annual Membership Fee: $5.00
Hours of Operation: Monday - Saturday, 9:30 a.m. - 12:00 p.m. & 1:30 p.m. - 5:00 p.m.

The centre offers services and activities for individuals 50 and older, such as Meals-on-Wheels, drop-in coffee, potluck dinners, peer support, visitation services, games, music programs, sports, group travel excursions, wellness clinics, a podiatrist and a directory of services.

DeBolt

DeBolt Pioneer Centre
Box 503, DeBolt, Alberta T0H 1B0
Phone: (780) 957-2148
Annual Membership Fee: $10.00

The centre offers services and activities for individuals 50 and older, such as potluck dinners, games, dances, music programs, sports, wellness clinics and facility rentals.

Delburne

Delburne & District Drop In Association
Box 404, Delburne, Alberta T0M 0V0
Annual Membership Fee: $5.00

The association offers services and activities for individuals 45 and older, such as drop-in coffee, potluck dinners, funeral lunches, peer support, games, dances, music programs, sports, wellness clinics and facility rentals.

Delia

Delia and District Senior Citizens
Box 151, Delia, Alberta T0J 0W0
Building Address: 213 Main Street
Annual Membership Fee: $10.00
Hours of Operation: Tuesday & Thursday, 9:00 a.m. - 11:00 a.m.

The organization offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, games, sports and group travel excursions.

Devon

Devon Pioneer 73 Club
29 St. Lawrence Avenue, Devon, Alberta T9G 1L4
Phone: (780) 987-4822
Annual Membership Fee: $10.00

The club offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, peer support, visitation services, games, crafts, music programs, sports, wellness clinics and facility rentals.

Dewberry

Dewberry Senior Citizens
Box 72, Dewberry, Alberta T0B 1G0
Phone: (780) 847-3868
Annual Membership Fee: $5.00
Hours of Operation: Monday & Tuesday evenings; Tuesday & Friday afternoons

The organization offers services and activities for individuals 50 and older, such as potluck dinners, funeral lunches, games, crafts, dances, music programs, sports, group travel excursions, wellness clinics, a resource library, newsletters, guest speakers and facility rentals.

Didsbury

Five-0 Club of Didsbury
Box 1228, Didsbury, Alberta T0M 0W0
Building Address: 2500 - 15 Avenue
Annual Membership Fee: $10.00

The club offers services and activities for individuals 50 and older, such as Meals-on-Wheels, handyman services, potluck dinners, funeral lunches, a food bank, games, crafts, dances, music programs, sports, group travel excursions, wellness clinics and a podiatrist.

Dixonville

Golden Age Centre
Box 164,Dixonville, Alberta T0H 1E0
Phone: (780) 971-3921
Annual Membership Fee: $1.00

The centre offers services and activities for individuals 55 and older, such as potluck dinners, funeral lunches, games, crafts, sports, wellness clinics, newsletters, a directory of services, advocacy services and facility rentals.

Donnelly

Club Des Pioneers
Box 2, Donnelly, Alberta T0H 1G0
Phone: (780) 925-3884
Annual Membership Fee: $10.00

The club offers services and activities for individuals 45 and older, such as potluck dinners, funeral lunches, games, sports, wellness clinics and facility rentals.

Drayton Valley

Senior Citizens Club of Drayton Valley
Box 7121, Drayton Valley, Alberta T7A 1S4
Building Address: 5138 - 52 Avenue
Phone: (780) 542-4737 Fax: (780) 621-0406
e-mail: 55plus@incentre.net
Annual Membership Fee: $12.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 12:00 p.m.

The club offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, sports, a Commissioner of Oaths, volunteer tax preparation, internet access, computer classes and facility rentals.

Drumheller

Pioneer Trail Society of Drumheller
Box 1857, Drumheller, Alberta T0J 0Y0
Building Address: 160 - 3 Avenue NW
Phone: (403) 823-6565
Annual Membership Fee: $5.00
Hours of Operation: Monday - Saturday, 9:30 a.m. - 4:00 p.m.

The society offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, a food bank, an elder abuse program, games, crafts, music programs, sports, group travel excursions, wellness clinics, guest speakers and facility rentals.

Eaglesham

Senior Social Club of Eaglesham
Box 238, Eaglesham, Alberta T0H 1H0
Phone: (780) 359-3782 or (780) 359-2341
Annual Membership Fee: $5.00

The club offers services and activities for individuals 50 and older, such as potluck dinners, funeral lunches, games, dances, music programs, sports, group travel excursions, wellness clinics, newsletters and facility rentals.

Eckville

Eckville & District Friendship Club
Box 177, Eckville, Alberta T0M 0X0
Building Address: 5011 - 54 Avenue
Phone: (403) 746-3120
Annual Membership Fee: $3.00

The club offers services and activities for individuals 55 and older, such as games, sports and facility rentals.

Edberg

Edberg and District Seniors Society
Box 146, Edberg, Alberta T0B 1J0
Building Address: 56 Main Street
Phone: (780) 877-3919
Annual Membership Fee: $5.00
Hours of Operation: Monday - Saturday, 8:30 a.m. - 12:00 p.m.

The society offers services and activities for individuals 40 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, crafts, sports, wellness clinics, a resource library and facility rentals.

Edmonton

Alzheimer Society of Edmonton

Rm 5R-01, 11111 Jasper Avenue NW, Edmonton, Alberta T5K 0L4
Phone: (780) 488-2266 Fax: (780) 488-3055
e-mail: edmonton@alzheimer.ab.ca
Website: www.alzheimer.ca
Annual Membership Fee: Seniors $15.00; Non-seniors $20.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The society offers educational materials and support to those affected by or caring for a person with Alzheimer's Disease. Examples of services include an Alzheimer's support group, a resource library, newsletters, public presentations, caregiver development and care at home training programs, and a first link program.

Alzheimer Support Centre

McConnelll Place North
9113 - 144 Avenue
Edmonton, Alberta T5E 6K2
Fax: (780) 472-6699

McConnell Place West
8720 – 165 Street
Edmonton, Alberta T5R 5Y8
Fax: (780) 413-4773

Strathcona Alzheimer Care Centre
12 Bower Drive
Sherwood Park, Alberta T8H 1V3
Fax: (780) 467-4095

Phone: (780) 496-2588
e-mail: smaisey@capitalcare.net
Website: www.capitalcare.net
Hours of Operation: Monday - Friday, 8:00 a.m. - 4:15 p.m.

The organization assists families, friends and caregivers of people with Alzheimer's Disease and related dementias. Examples of services offered include support groups, referral services, education programs, a resource library and guest speakers.

Association for Residence Maintenance for Seniors

5R-10, 11111 Jasper Avenue, Edmonton, Alberta T5K 0L4
Phone: (780) 482-8992 Fax: (780) 482-8991
e-mail: arms@ecn.ab.ca
Website: www.ecn.ab.ca/arms
Annual Membership Fee: $1.00
Hours of Operation: Monday - Friday, 8:00 a.m. - 4:30 p.m.

The association assists seniors and the physically handicapped to remain as independent as long as possible through homemaking, companion care and personal care services.

Association of Adult Day Support Programs
9735 - 80 Avenue, Edmonton, Alberta T6E 1S8
Phone: (780) 434-4747 Fax: (780) 433-3758
e-mail: aadsp@tnc.com
Hours of Operation: Monday - Friday, 8:00 a.m. - 4:00 p.m.

The association offers structured and supervised day programs for adults with physical, emotional and/or social limitations. Services are tailored to the individual's specific needs for recreation, assistance with activities of daily living or respite for the caregiver. Examples of services and activities offered include counseling, an Alzheimer's support group, respite care, a caregiver's support group, games, crafts, music programs, sports, assistance completing forms and newsletters.

Beverly Active Senior Society
4209 - 111 Avenue, Edmonton, Alberta T5W 0K3
Phone: (780) 469-4669
Annual Membership Fee: $2.00

The society offers services and activities for individuals 55 and older, such as games, dances, sports and group travel excursions.

Calder Seniors Drop-In Society
12963 - 120 Street, Edmonton, Alberta T5E 5N8
Phone: (780) 451-1925 Fax: (780) 452-7537
Hours of Operation: Monday - Friday, 9:00 a.m. - 4:00 p.m.

The society offers services and activities for individuals 55 and older, such as handyman services, a volunteer driver program, drop-in coffee, potluck dinners, a cafeteria, funeral lunches, a food bank, counseling, widows'/widowers' support group, peer support, visitation services, games, crafts, dances, music programs, sports, clubs, group travel excursions, wellIness clinics, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, a resource library, newsletters, a directory of services, advocacy services, computer classes, guest speakers and facility rentals.

The Canadian National Institute for the Blind
12010 Jasper Avenue, Edmonton, Alberta T5K 0P3
Phone: (780) 488-4871/1-800-365-2642 Fax: (780) 482-0017
Website: www.cnib.ca

The CNIB provides counseling, rehabilitation services and support to help blind, deafblind and visually impaired people. More than 45 support groups for seniors with vision loss are available in communities throughout Alberta.

Catholic Social Services

Central Office
8815 - 99 Street
Edmonton, Alberta T6E 3V3
Phone: (780) 432-1137
Fax: (780) 439-3154

West Office
10709 - 105 Street
Edmonton, Alberta T5H 2X3
Phone: (780) 424-3545
Fax: (780) 425-6627

East Office
8212 - 118 Avenue
Edmonton, Alberta T5B 0S3
Phone: (780) 471-1122
Fax: (780) 479-2579

Website: www.catholicsocialservices.ab.ca
Hours of Operation: Monday - Saturday, 9:00 a.m. - 9:00 p.m.

The organization offers community and immigration services, children and youth services, family services, rehabilitation services, substance abuse and corrections services, enhancement services and an elder abuse program. Programs are provided to persons of all faiths and cultures.

Central Lions Seniors Association
11113 - 113 Street, Edmonton, Alberta T5G 2V1
Phone: (780) 496-7366 Fax: (780) 496-6976
Website:www.gov.edmonton.ab.ca/comm_services/rec_facilities/leisure_centres/central_lions/index.html
Annual Membership Fee: $20.00
Hours of Operation: Monday - Friday, 8:00 a.m. - 4:30 p.m.

The association offers services and activities for individuals 55 and older, such as drop-in coffee, a cafeteria, funeral lunches, an elder abuse program, games, crafts, dances, music programs, sports, clubs, wellness clinics, adult day programs, reiki, volunteer tax preparation, internet access, newsletters, a directory of services, computer classes, guest speakers and facility rentals.

Edmonton Immigrant Services Association
Cromdale School, 11240 - 79 Street, Edmonton, Alberta T5B 2K1
Phone: (780) 474-8445 Fax: (780) 477-0883
e-mail: eisa@compusmart.ab.ca
Website: www.compusmart.ab.ca/eisa
Annual Membership Fee: $5.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The association provides services to new Canadians to help them adjust to Canada. Services include a new neighbours program, translation and interpretation services, a food and clothing bank, research and publication services, social and recreation programs, group travel excursions, counseling, visitation services, clubs, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, newsletters, a directory of services, advocacy services, English as a second language classes, guest speakers and facility rentals.

Edmonton Meals on Wheels
11111 - 103 Avenue, Edmonton, Alberta T5K 2P1
Phone: (780) 429-2020 Fax: (780) 424-5561
e-mail: emow@interbaun.com
Website: www.mealsonwheelsedmonton.org
Hours of Operation: Monday - Friday, 8:00 a.m. - 4:00 p.m.

The organization provides meal support programs with the help of volunteers. Programs offered include a hot meals program, a lunch club program, a frozen food program and a food for families in crisis program.

Edmonton Self Starters Organization
9200 - 163 Street, Edmonton, Alberta T5R 0A7
Phone: (780) 483-1209 Fax: (780) 480-7738
e-mail: esso@ecn.ab.ca
Annual Membership Fee: $20.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 4:00 p.m.

The organization offers services and activities for individuals 55 and older, such as handyman services, shopping assistance, a volunteer driver program, a handi-van, drop-in coffee, potluck dinners, a food bank, counseling, widows'/widowers', Alzheimer's and alcohol addiction support groups, peer support, an elder abuse program, visitation services, games, crafts, dances, music programs, sports, group travel excursions, wellness clinics, a podiatrist, volunteer tax preparation, assistance completing forms, a resource library, internet access, newsletters, a directory of services, advocacy services, computer classes, guest speakers and facility rentals.

Edmonton Seniors One Voice Association
1602, 9909 - 110 Street, Edmonton, Alberta T5K 2E5
Phone: (780) 424-6007 Fax: (780) 424-6007
Annual Membership Fee: $10.00

The association offers advocacy services for Edmonton seniors who have major concerns about taxes, transportation, housing, healthcare and poverty. Examples of other services offered include counseling, peer support, an elder abuse program, internet access, a directory of services and guest speakers.

Elderly Adult Resource Service
8212 - 118 Avenue, Edmonton, Alberta T5B 0S3
Phone: (780) 471-1122 Fax: (780) 479-2579
Website: www.catholicsocialservices.ab.ca

The organization assists elder adults who are in abusive or potentially abusive situations. Services offered include assessments, emotional support, information and referrals, educational presentations and collection of data relating to elder abuse.

Golden Horizon Seniors Society
10014 - 109 Street, Edmonton, Alberta T5J 1M4
Phone: (780) 420-6768 Fax: (780) 436-6109
e-mail: goldenhorizon@hotmail.com
Hours of Operation: Monday - Saturday, 10:00 a.m. - 5:00 p.m.

The society offers services and activities for individuals 50 and older, such as a volunteer driver program, peer support, visitation services, games, crafts, dances, music programs, sports, clubs, group travel excursions, wellness clinics, nutrition counseling, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, internet access, a directory of services, advocacy services, English as a second language classes, computer classes and guest speakers.

Highland Place
6209 - 118 Avenue, Edmonton, Alberta T5J 1M4
Phone: (780) 479-2864 Fax: (780) 479-4149

Indochina Chinese Senior Citizens Association of Edmonton
10508 - 98 Street, Edmonton, Alberta T5H 2N4
Phone: (780) 424-9882 Fax: (780) 424-1261
Annual Membership Fee: $10.00

The association offers services and activities for individuals 40 and older, such as drop-in coffee, potluck dinners, music programs, sports, clubs, assistance completing forms and English as a second language classes.

Ital-Canadian Seniors Association
9111 - 110 Avenue, Edmonton, Alberta T5H 4J9
Phone: (780) 424-1255 Fax: (780) 424-1039
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 11:00 a.m. - 10:00 p.m.;
Saturday & Sunday, 11:00 a.m. - 5:00 p.m.

The association offers services and activities such as drop-in coffee, funeral lunches, games, dances, sports, a resource library, advocacy services and facility rentals.

Jewish Drop In Centre
10052 - 117 Street, Edmonton, Alberta T5K 1X2
Phone: (780) 488-4241 Fax: (780) 488-6591
e-mail: dic@telusplanet.net
Annual Membership Fee: $15.00
Hours of Operation: Monday - Thursday, 9:00 a.m. - 3:00 p.m.

The centre offers services and activities for individuals 55 and older, such as drop-in coffee, a cafeteria, an elder abuse program, visitation services, games, crafts, dances, music programs, clubs, group travel excursions, internet access, newsletters, a directory of services, English as a second language classes, computer classes and guest speakers.

Millwoods Cultural Association of Retired and Semi-Retired
1560 - 48 Street, Edmonton, Alberta T6L 6H9
Phone: (780) 461-3312 Fax: (780) 461-3095
Annual Membership Fee: $10.00
Hours of Operation: Monday - Sunday, 12:00 p.m. - 6:00 p.m.

The association offers services and activities for individuals 55 and older, such as drop-in coffee, games, sports, clubs, group travel excursions, wellness clinics, assistance completing forms and a resource library.

Native Seniors Centre
Cottage E, 10107 - 134 Avenue, Edmonton, Alberta T5E 1J2
Phone: (780) 476-6595 Fax: (780) 475-7957
e-mail: nsc@compusmart.ab.ca
Annual Membership Fee: 55+: $2.00; Under 55: $4.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The centre offers services and activities such as drop-in coffee, potluck dinners, games, crafts, sports, wellness clinics, a Commissioner of Oaths, assistance completing forms, newsletters, advocacy services, guest speakers, van pick up to access the centre and outreach services.

Northgate Senior Citizens Association
7524 - 139 Avenue, Edmonton, Alberta T5C 3H7
Phone: (780) 496-7355 Fax: (780) 496-4707
Annual Membership Fee: $15.00
Hours of Operation: Monday - Friday, 8:00 a.m. - 5:00 p.m.

The association offers services and activities for individuals 55 and older, such as a cafeteria, counseling, widows'/widowers' support groups, games, crafts, dances, music programs, sports, clubs, group travel excursions, wellness clinics, a podiatrist, reflexology, reiki, nutrition counseling, volunteer tax preparation, assistance completing forms, a resource library, internet access, newsletters, computer classes, guest speakers and facility rentals.

Operation Friendship
McCauley Seniors' Drop-In
9526 - 106 Avenue, Edmonton, Alberta T5H 0N2
Phone: (780) 429-2626 Fax: (780) 429-2629
Hours of Operation: Summer: 9:00 a.m. - 6:00 p.m.;
Winter: Weekdays: 9:00 a.m. - 9:00 p.m., Weekends: 9:00 a.m. - 6:00 p.m.

The organization provides outreach, a housing registry, housing units, shopping assistance, a driver program, visitation services, drop-in coffee and dinners, games, music programs, sports, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, newsletters, a directory of services, and advocacy services.

Paralympic Sports Association
10024 - 79 Avenue, Edmonton, Alberta T6E 1R5
Phone: (780) 439-8687 Fax: (780) 432-0486
e-mail: parsport@planet.eon.net
Website: www.parasports.net
Annual Membership Fee: $10.00

The association provides recreation programs for individuals with a physical disability. Activities offered include games, crafts, dances, clubs, sports, newsletters and advocacy services. Programs specifically for seniors include wheelchair square dancing, games and retreats.

Senior Citizens Opportunity Neighbourhood Association
10440 - 84 Avenue, Edmonton, Alberta T6E 2H2
Phone: (780) 433-5377
Annual Membership Fee: $5.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 4:30 p.m.

The association offers services and activities for individuals 55 and older, such as shopping assistance, a volunteer driver program, drop-in coffee, a food bank, counseling, widows'/widowers' support group, peer support, personal emergency response system, an elder abuse program, visitation services, games, crafts, dances, sports, music programs, wellness clinics, nutrition counseling, volunteer tax preparation, assistance completing forms, a resource library, newsletters, a directory of services, advocacy services, guest speakers and outreach services.

Society for the Retired and Semi-Retired
15 Sir Winston Churchill Square NW, Edmonton, Alberta T5J 2E5
Phone: (780) 423-5510 Fax: (780) 426-5175
e-mail: srsr@icrossroad.com
Website: www.srsr-seniors.com
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 4:15 p.m.

The society offers services and activities such as handyman services, shopping assistance, drop-in coffee, a cafeteria, a personal emergency response system, an elder abuse program, games, music programs, sports, clubs, group travel excursions, wellness clinics, nutrition counseling, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, a resource library, internet access, newsletters, a directory of services, advocacy services and facility rentals.

Society Seniors Caring About Seniors
8728 - 93 Avenue, Edmonton, Alberta T6C 1T8
Phone: (780) 465-0311 Fax: (780) 461-7809
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 10:00 a.m. - 4:00 p.m.

The society facilitates transportation and household services for seniors in south Edmonton. Examples services offered include handyman services, shopping assistance and a volunteer driver program.

South East Edmonton Seniors Association
9350 - 82 Street, Edmonton, Alberta T6C 2X8
Phone: (780) 468-1985 Fax: (780) 440-6272
Annual Membership Fee: $25.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The association offers services and activities for individuals 55 and older, such as drop-in coffee, a cafeteria, widows'/widowers' support group, peer support, visitation services, games, crafts, dances, music programs, sports, clubs, wellness clinics, reflexology, volunteer tax preparation, a resource library, newsletters, computer classes, facility rentals and Spanish classes.

South-West Seniors Outreach Society
10832 - 62 Avenue, Edmonton, Alberta T6H 1N1
Phone: (780) 435-9515 Fax: (403) 435-9515
Annual Membership Fee: $5.00
Hours of Operation: Tuesday, Wednesday & Thursday, 9:00 a.m. - 3:00 p.m.

The organization offers services and activities for individuals 55 and older, such as games, dances, music programs, volunteer tax preparation, a directory of services and guest speakers.

St. Michael's Healthcare Services
7404 - 139 Avenue, Edmonton, Alberta T5C 3H7
Phone: (780) 473-5621 Fax: (780) 472-4506
e-mail: smeccs@connect.ab.ca
Website: www.connect.ab.ca/~smeccs
Hours of Operation: Monday - Friday, 10:00 a.m. - 4:00 p.m.

The organization offers adult day support programs for health rehabilitation, health maintenance and the medically challenged. The programs include games, crafts, music programs, sports, wellness clinics, adult day programs, a podiatrist, a Commissioner of Oaths, assistance completing forms, a resource library, internet access, newsletters and facility rentals.

Strathcona Place Senior Citizen Centre
10831 University Avenue, Edmonton, Alberta T6E 4R1
Phone: (780) 433-5807 Fax: (780) 433-5282
e-mail: jeff@oanet.com
Annual Membership Fee: $15.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 4:00 p.m.

The centre offers services and activities such as drop-in coffee, a cafeteria, funeral lunches, widows'/ widowers' support group, peer support, visitation services, games, crafts, dances, music programs, sports, clubs, wellness clinics, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, internet access, newsletters, advocacy services, computer classes, guest speakers, continuing education classes, drama classes and outreach services.

Vietnamese Senior Citizens
101, 10534 - 109 Street, Edmonton, Alberta T5H 2T8

West Edmonton Seniors Centre
3Y, 11111 Jasper Avenue, Edmonton, Alberta T5K 0L4
Phone: (780) 482-8627 or (780) 482-8625 Fax: (780) 482-8916
e-mail: westsen@ecn.ab.ca
Website: www.freenet.edmonton.ab.ca/westsen/
Annual Membership Fee: $15.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 4:00 p.m.

The centre offers services and activities for individuals 45 and older, such as handyman services, drop-in coffee, peer support, games, crafts, dances, music programs, sports, clubs, group travel excursions, wellness clinics, volunteer tax preparation, assistance completing forms, internet access, newsletters, a directory of services, advocacy services, computer classes, guest speakers, lawyer consultations and dentist consultations.

West Jasper/Sherwood Seniors Citizen Club
9406 - 152 Street, Edmonton, Alberta T5R 1N2
Phone: (780) 489-2021
Annual Membership Fee: $5.00

The club offers services and activities for individuals 55 and older, such as games, sports, group travel excursions and facility rentals.

Edson

Edson & District Oldtimers Recreation Centre Society
4836 - 7 Avenue, Edson, Alberta T7E 1K8
Phone: (780) 723-5777
Annual Membership Fee: $12.00
Hours of Operation: Monday - Friday, 10:00 a.m. - 3:00 p.m.

The society offers services and activities for individuals 55 and older, such as Meals-on-Wheels, drop-in coffee, potluck dinners, funeral lunches, games, crafts, dances, music programs, sports, group travel excursions, wellness clinics, a resource library, a directory of services, catering and facility rentals.

Elk Point

Elk Point Pioneer Circle
Box 488, Elk Point, Alberta T0A 1A0
Phone: (780) 724-3605 Fax: (780) 724-4430
Annual Membership Fee: $5.00

The organization offers services and activities for individuals 55 and older, such as potluck dinners, funeral lunches, games, dances, sports, wellness clinics, guest speakers and facility rentals.

Elnora

Elnora & District Pioneer Club
Box 506, Elnora, Alberta T0M 0Y0
Phone: (403) 773-3581
Annual Membership Fee: $10.00

The club offers services and activities such as drop-in coffee, potluck dinners, funeral lunches, games, crafts, music programs, sports and facility rentals.

Empress

Empress Friendship Centre
Centre Street, Empress, Alberta T0J 1E0
Phone: (403) 565-3872
Annual Membership Fee: $5.00
Hours of Operation: Monday, Wednesday & Friday, 7:00 p.m. - 9:00 p.m.

The centre offers services and activities for individuals 50 and older, such as potluck dinners, funeral lunches, a food bank, an elder abuse program, games, crafts, music programs, sports, wellness clinics and nutrition counseling.

Enchant

Enchant and District Senior Citizens
Box 1850, Enchant, Alberta T0K 0V0
Annual Membership Fee: $5.00

The organization offers services and activities for individuals 50 and older, such as potluck dinners, funeral lunches, a food bank, games, crafts, sports, group travel excursions, flu shot clinics, guest speakers and facility use.

Entwistle

Entwistle Jubilee Senior Citizens Society
Box 471, Entwistle, Alberta T0E 0S0
Phone: (780) 727-2165
Annual Membership Fee: $10.00

The society offers services and activities for individuals 55 and older, such as potluck dinners, games, sports, wellness clinics, volunteer tax preparation and facility rentals.

Evansburg

Evansburg Senior Citizens Society
Box 481, Evansburg, Alberta T0E 0T0
Phone: (780) 727-3665
e-mail: imjen@telusplanet.net
Annual Membership Fee: $5.00

The society offers services and activities for individuals 55 and older, such as games, sports, wellness clinics, adult day care, nutrition counseling and facility rentals.

Fairview

Fairview Gold Age Society
Box 219, Fairview, Alberta T0H 1L0
Building Address: 10307 - 110 Street
Phone: (780) 835-4397
Annual Membership Fee: $10.00
Hours of Operation: Sunday - Saturday, 12:30 p.m. - 5:00 p.m.

The society offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, games, music programs, sports and wellness clinics.

Whitelaw Drop In Center
Box 1957, Fairview, Alberta T0H 1L0
Phone: (780) 596-3946 Fax: (780) 596-2255 (notify first)
e-mail: weiftody@telusplanet.net
Annual Membership Fee: $5.00

The centre offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, an elder abuse program, games, crafts, music programs, sports, wellness clinics and a directory of services.

Falher

Club Alouette Seniors Centre
Box 205, Falher, Alberta T0H 1M0
Building Address: 101 Main Street
Phone: (780) 837-2684 Fax: (780) 837-3125
Annual Membership Fee: $10.00
Hours of Operation: Monday - Saturday, 9:00 a.m. - 5:00 p.m. & 7:00 p.m. - 9:00 p.m.

The centre offers services and activities for individuals 45 and older, such as dinners, funeral lunches, games, sports, travel excursions, wellness clinics and facility rentals.

Fawcett

Fawcett Senior Citizens Club
Box 111, Fawcett, Alberta T0G 0S0
Phone: (780) 954-3835
Annual Membership Fee: $5.00

The club offers services and activities such as funeral lunches, dances, sports and games.

Ferintosh

Little Beaver "Hi-U" Senior Centre
Box 103, Ferintosh, Alberta T0B 1M0
Phone: (780) 877-3998
Annual Membership Fee: $5.00
Hours of Operation: Monday - Saturday, 8:30 a.m. - 5:00 p.m.

The centre offers services and activities for individuals 40 and older, such as drop-in coffee, potluck dinners, funeral lunches, a personal emergency response system, crafts, sports and wellness clinics.

Fishing Lake

Fishing Lake Seniors Group
General Delivery, Fishing Lake, Alberta T0A 3G0

Flatbush

Flatbush Silver Threads
General Delivery, Flatbush, Alberta T0G 0Z0
Phone: (780) 681-0002
Annual Membership Fee: $5.00

The organization offers services and activities for individuals 50 and older, such as games, crafts, sports and facility rentals.

Foremost

Foremost Senior Citizens Society
Box 81, Foremost, Alberta T0K 0X0

Forestburg

Forestburg Golden Age Club
Box 326, Forestburg, Alberta T0B 1N0
Phone: (780) 582-3941
Annual Membership Fee: $10.00
Hours of Operation: Monday - Saturday, 10:00 a.m. - 5:00 p.m.

The club offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, music programs and sports.

Fort Assiniboine

Fort Assiniboine Friendship Club
Box 32, Fort Assiniboine, Alberta T0G 1A0
Phone: (780) 584-3737
Annual Membership Fee: $5.00

The club offers services and activities for individuals 55 and older, such as funeral lunches, games, sports, clubs, wellness clinics and facility rentals.

Fort MacLeod

Fort MacLeod Senior Citizens Welcome Mat
Box 181, Fort MacLeod, Alberta T0L 0Z0

Fort McMurray

Fort McMurray Golden Years Society
10111 Main Street, Fort McMurray, Alberta T9H 2G6
Phone: (780) 743-4088
e-mail: gys@home.com
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 4:30 p.m.

The society offers services and activities for individuals 50 and older, such as potluck dinners, games, crafts, sports, wellness clinics, volunteer tax preparation, assistance completing forms, newsletters, a directory of services and facility rentals.

Fort Saskatchewan

Pioneer House Club 50
10102 - 100 Avenue, Fort Saskatchewan, Alberta T8L 1Y6
Phone: (780) 998-3898
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 3:00 p.m.

The club offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, crafts, music programs, sports, group travel excursions, wellness clinics, a podiatrist, volunteer tax preparation, a resource library, newsletters, guest speakers and facility rentals.

Galahad

Galahad Senior Citizens Friendship Club
General Delivery, Galahad, Alberta T0B 1R0
Building Address: Sir Galahad Street
Phone: (780) 583-3960
Annual Membership Fee: $5.00

The club offers services and activities for individuals 50 and older, such as potluck dinners, funeral lunches, games, sports, wellness clinics and facility rentals.

Gibbons

Gibbons Seniors Twilight Club
Box 918, Gibbons, Alberta T0A 1N0
Building Address: 4539 - 49 Street
Phone: (403) 923-2030
Annual Membership Fee: $2.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 12:00 p.m.

The club offers services and activities for individuals 55 and older, such as Meals-on-Wheels, shopping assistance, a volunteer driver program, drop-in coffee, potluck dinners, funeral lunches, a food bank, an elder abuse program, games, sports, wellness clinics and facility rentals.

Gleichen

G & C Jubilee Seniors Club
Box 302, Gleichen, Alberta T0J 1N0

Grande Cache

Big Horn Golden Age Club
Box 1709, Grande Cache, Alberta T0E 0Y0

Grande Prairie

Alzheimer Society of Grande Prairie
Box 21295, Grande Prairie, Alberta T8V 6W7
Phone: (780) 538-9299 or (780) 538-7510 Fax: (780) 538-9299
Hours of Operation: Monday - Friday, 4:00 p.m. - 6:00 p.m.

The society offers educational materials and support to those affected by or caring for a person with Alzheimer's Disease.

The Canadian National Institute for the Blind
200, 4 - 9728 Montrose Avenue, Grande Prairie, Alberta T8V 5B6
Phone: (780) 539-4719 Fax: (780) 539-3331
Website: www.cnib.ca

The CNIB provides counseling, rehabilitation services and support to help blind, deafblind and visually impaired people. More than 45 support groups for seniors with vision loss are available in communities throughout Alberta.

Grande Prairie & District Golden Age Centre
10222 - 101 Avenue, Grande Prairie, Alberta T8V 0Y5
Phone: (780) 532-5818 Fax: (780) 532-5970
e-mail: gpac@incentre.net
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The centre offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, peer support, games, crafts, dances, music programs, group travel excursions, wellness clinics, a Commissioner of Oaths, assistance completing forms, a resource library, newsletters, guest speakers and facility rentals.

Grande Prairie and Area Council on Aging - Meals on Wheels & Seniors Outreach
102, 9905 - 101 Avenue, Grande Prairie, Alberta T8V 0X7
Phone: (780) 539-3901 Fax: (780) 538-1115
e-mail: meals-gp@incentre.net
Hours of Operation: Monday - Friday, 9:00 a.m. - 12:00 p.m. & 1:00 p.m. - 4:00 p.m.

The organization delivers hot meals to seniors (age 60+), individuals with mental or physical disabilities and individuals who are convalescing. The organization also offers services such as counseling, a widows'/widowers' support group, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, a resource library, a directory of services and advocacy services.

Granum

Granum Drop-In Center and Community Center
Box 8, Granum, Alberta T0L 1A0
Building Address: 306 Railway Avenue
Phone: (403) 687-3840
Annual Membership Fee: $10.00
Hours of Operation: Monday - Saturday, 9:00 a.m. - 5:00 p.m.

The centre offers services and activities such as Wheels-to-Meals, a volunteer driver program, drop-in coffee, potluck dinners, funeral lunches, visitation services, games, crafts, dances, music programs, sports, group travel excursions, wellness clinics, a Commissioner of Oaths, assistance completing forms, a resource library, newsletters, guest speakers and facility rentals.

Grimshaw

New Horizon Drop-In Centre
Box 163, Grimshaw, Alberta T0H 1W0
Building Address: 5005 - 53 Avenue (North Door)
Phone: (780) 332-1412
Annual Membership Fee: $5.00

The centre offers services and activities such as drop-in coffee, potluck dinners, funeral lunches, games, dances, sports, group travel excursions, wellness clinics, nutrition counseling and facility rentals.

Gwynne

Crooked Lake Senior Citizens
RR 2, Gwynne, Alberta T0C 1L0
Phone: (780) 352-7676
Annual Membership Fee: $5.00
Hours of Operation: First & third Wednesday each month

The organization offers services and activities for individuals 60 and over, such as a volunteer driver program, potluck dinners, games, music programs, sports, group travel excursions, guest speakers and facility rentals.

Halkirk

Halkirk Senior Centre
Main Street and Railroad Avenue, Halkirk, Alberta T0C 1M0
Phone: (403) 884-2437
Annual Membership Fee: $5.00

The centre offers services and activities for individuals 45 and over, such as potluck dinners, games, crafts, sports and wellness clinics.

Hanna

Alberta Pioneers Association of Hanna
Box 327, Hanna, Alberta T0J 1P0
Building Address: 519 - 3 Avenue
Phone: (780) 854-4051
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 1:00 p.m. - 4:00 p.m.

The centre offers services and activities for individuals 55 and over, such as drop-in coffee, potluck dinners, funeral lunches, games, sports, wellness clinics and facility rentals.

Hardisty

Hardisty Social Club
Box 523, Hardisty, Alberta T0B 1V0
Building Address: 5003 - 50 Street
Phone: (780) 888-2398
Annual Membership Fee: $5.00

The club offers services and activities for individuals 50 and over, such as games, sports, wellness clinics, a podiatrist and facility rentals.

Hay Lakes

Hay Lakes Senior Citizens Centre
Box 185, Hay Lakes, Alberta T0B 1W0

Heinsburg

Heinsburg Riverview Senior Citizens Club
Box 62, Heinsburg, Alberta T0A 1X0

Heisler

Heisler Friendship Club
Box 179, Heisler, Alberta T0B 2A0
Building Address: 125 Main Street
Phone: (780) 889-3912
Annual Membership Fee: $5.00

The club offers services and activities for individuals 50 and older, such as potluck dinners, games, sports, wellness clinics and facility rentals.

High Prairie

High Prairie Golden Age Club
Box 435, High Prairie, Alberta T0G 1E0

High River

High River Seniors Friendship Centre
504 - 7 Street NW, High River, Alberta T1V 1B7
Phone: (403) 652-4149
Annual Membership Fee: $10.00

The centre offers services and activities for individuals 50 and over, such as drop-in coffee, potluck dinners, funeral lunches, games, crafts, music programs, sports, wellness clinics, newsletters and facility rentals.

Hill Spring

Hill Spring Cultural Society
Box 144, Hill Spring, Alberta T0K 1E0
Phone: (403) 626-3104
Annual Membership Fee: $3.00

The society offers services and activities for individuals 55 and over, such as Meals-on-Wheels, handyman services, shopping assistance, a volunteer driver program, potluck dinners, funeral lunches, counseling, a widows'/widowers' support group, peer support, a personal emergency response system, visitation services, games, crafts, music programs, sports, group travel excursions, wellness clinics, assistance completing forms, guest speakers and facility rentals.

Hinton

Hinton Good Companions
250 Hardisty Avenue, Hinton, Alberta T7V 1B9
Phone: (780) 865-3700
Annual Membership Fee: $10.00

The organization offers services and activities for individuals 55 and older, such as Meals-on-Wheels, a volunteer driver program, handi-van, potluck dinners, funeral lunches, visitation services, games, crafts, music programs, sports, group travel excursions, wellness clinics and facility rentals.

Holden

Holden Senior Club
Box 432, Holden, Alberta T0B 2C0
Building Address: 4914 - 50 Street

The club offers services and activities for individuals 45 and older, such as potluck dinners, funeral lunches, games, sports, group travel excursions, wellness clinics and facility rentals.

Hughenden

Hughenden Golden Circle Drop-In Centre
Box 94, Hughenden, Alberta T0B 2E0
Phone: (780) 856-3639
Annual Membership Fee: $10.00
Hours of Operation: Tuesday, Thursday & Friday afternoons

The centre offers services and activities for individuals 50 and older, such as drop-in coffee, funeral lunches, games, sports, a fitness centre, wellness clinics and facility rentals.

Hussar

Hussar Sundowner Senior Citizens Club
General Delivery, Hussar, Alberta T0J 1S0
Phone: (403) 787-3743

Hythe

Hythe Golden Age Craft Centre
Box 431, Hythe, Alberta T0H 2C0
Annual Membership Fee: $5.00

The centre offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, an Alzheimer's support group, games, music programs, sports, wellness clinics, nutrition counseling, volunteer tax preparation, assistance completing forms, a directory of services and facility rentals.

Innisfree

Innisfree Senior Citizen Association
Box 73, Innisfree, Alberta T0B 2G0
Building Address: 5211 - 50 Avenue
Phone: (780) 592-2104
Annual Membership Fee: $10.00

The club offers services and activities for individuals 50 and older, such as games, sports, wellness clinics and potluck dinners.

Irricana

K.I.K. Senior Citizen Club
Box 454, Irricana, Alberta T0M 1B0
Building Address: 519 - 1 Street
Phone: (403) 935-4668
Annual Membership Fee: $25.00
Hours of Operation: Thursday, 7:00 p.m. - 10:00 p.m.

The club offers services and activities for individuals 55 and older, such as shopping assistance, a volunteer driver program, drop-in coffee, potluck dinners, funeral lunches, a food bank, counseling, peer support, a personal emergency response system, an elder abuse program, visitation services, games, crafts, music programs, sports, clubs, group travel excursions, wellness clinics, a resource library, newsletters, a directory of services, advocacy services, guest speakers and facility rentals.

Irvine

Irvine & District New Horizons Seniors Club
Box 267, Irvine, Alberta T0J 1V0
Building Address: Old Town Hall
Phone: (403) 834-3805
Annual Membership Fee: $5.00

The club offers services and activities for individuals 50 and older, such as potluck dinners, funeral lunches, games, music programs, sports, group travel excursions and wellness clinics.

Islay

Islay 50 - 100 Club
Box 53, Islay, Alberta T0B 2J0
Building Address: 5007 - 49 Street
Phone: (780) 744-3987
Annual Membership Fee: $10.00

The club offers services and activities such as drop-in coffee, potluck dinners, an elder abuse program, games, crafts, sports and facility rentals.

Jarvie

Jarvie Drop-In Centre
General Delivery, Jarvie, Alberta T0G 1H0
Phone: (780) 954-3781
Annual Membership Fee: $5.00

The centre offers services and activities for individuals 60 and older, such as potluck dinners, funeral lunches, alcohol addiction support groups, games, crafts, sports and facility rentals.

Jasper

Jasper Seniors Society
Box 94, Jasper, Alberta T0E 1E0
Phone: (780) 852-3447

Kinuso

Kinuso Senior Citizens Friendship Centre
Box 117, Kinuso, Alberta T0G 1K0
Phone: (780) 775-3555

Kitscoty

Kitscoty and District Community Centre
Box 117, Kitscoty, Alberta T0B 2P0
Phone: (780) 846-2804
Annual Membership Fee: $10.00

The centre offers services and activities for individuals 55 and older, such as drop-in coffee, social dinners, funeral lunches, peer support, an elder abuse program, games, sports, group travel excursions, a resource library, advocacy services, guest speakers and facility rentals.

La Corey

Willow Prairie Senior Citizens
General Delivery, La Corey, Alberta T0A 2E0
Phone: (780) 826-3193

La Glace

Twilight Club of La Glace
Box 159, La Glace, Alberta T0H 2J0
Building Address: 9936 - 100 Street
Phone: (780) 568-4261
Annual Membership Fee: $10.00

The club offers services and activities for individuals 50 and older, such as games, crafts, music programs, sports, wellness clinics and a resource library.

Lac La Biche

Lac La Biche Heritage Society
Box 237, Lac La Biche, Alberta T0A 2C0
Building Address: 10112 - 102 Avenue
Phone: (780) 623-8350
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 4:00 p.m.

The society offers services and activities for individuals 50 and older, such as a volunteer driver program, handi-van, drop-in coffee, potluck dinners, a cafeteria, funeral lunches, counseling, alcohol addiction support groups, peer support, a personal emergency response system, visitation services, games, crafts, dances, music programs, sports, group travel excursions, wellness clinics, nutrition counseling, volunteer tax preparation, assistance completing forms, a directory of services, advocacy services, guest speakers and facility rentals.

Lacombe

Lacombe Kozy Korner Community Centre
5024 - 53 Street, Lacombe, Alberta T4L 1NJ
Phone: (403) 782-6216
Annual Membership Fee: $10.00
Hours of Operation: Monday - Saturday, 9:00 a.m. - 4:00 p.m.

The centre offers services and activities for individuals 45 and older, such as drop-in coffee, funeral lunches, games, music programs, sports, wellness clinics, newsletters and facility rentals.

Lamont

Lamont New Horizons Seniors Drop In Centre
Box 171, Lamont, Alberta T0B 2R0
Building Address: 5203 - 52 Street
Phone: (780) 895-2538
Annual Membership Fee: $5.00
Hours of Operation: Monday - Friday, 12:00 p.m. - 4:00 p.m.

The centre offers services and activities for individuals 45 and older, such as shopping assistance, potluck dinners, funeral lunches, games, sports, wellness clinics and facility rentals.

Lavoy

Senior Citizen Golden Centre Lavoy
Box 3, Lavoy, Alberta T0B 2S0

The centre offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, games, crafts, sports, wellness clinics and facility rentals.

Leduc

Leduc & District Senior Citizens Club
4907 - 46 Street, Leduc, Alberta T9E 6K3
Phone: (780) 986-6160
Annual Membership Fee: $5.00

The club offers services and activities for individuals 55 and older, such as potluck dinners, a personal emergency response system, games, crafts, music programs, sports, clubs, group travel excursions, wellness clinics, volunteer tax preparation, a directory of services and facility rentals.

Legal

Club 60 Roses
Box 332, Legal, Alberta T0G 1L0
Building Address: 5305 - 46 Street
Phone: (780) 961-3921
Annual Membership Fee: $5.00

The club offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, alcohol addiction support groups, peer support, an elder abuse program, games, dances, music programs, sports, wellness clinics, nutrition counseling, guest speakers and facility rentals.

Leslieville

Leslieville Leisure Club
Box 184, Leslieville, Alberta T0M 1H0
Phone: (403) 729-3895
Hours of Operation: Tuesday, 7:00 a.m. - 10:00 p.m.; Friday, 1:00 p.m. - 4:00 p.m.

The club offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, peer support, games, crafts, dances, sports, group travel excursions, wellness clinics, a resource library, a directory of services and facility rentals.

Lethbridge

Alzheimer Society for Lethbridge and Area
426 - 5 Street S, Lethbridge, Alberta T1J 4C9
Phone: (403) 329-3766 Fax: (403) 327-3711
e-mail: alzleth@telusplanet.net
Annual Membership Fee: $15.00
Hours of Operation: Monday - Friday 1:00 p.m. - 5:00 p.m.;
Thursday, 9:00 a.m. - 12:00 p.m. & 1:00 p.m. – 5:00 p.m.
Support group meets 3rd Tuesday of month.

The society supports individuals with Alzheimer's Disease, their relatives and/or caregivers, promotes public and professional awareness of the disease, and promotes research in the disease. Services offered include an Alzheimer's support group, a resource library, newsletters and guest speakers.

The Canadian National Institute for the Blind
100, 410 Stafford Drive S, Lethbridge, Alberta T1J 2L2
Phone: (403) 327-1044 Fax: (403) 380-2672
Website: www.cnib.ca

The CNIB provides counseling, rehabilitation services and support to help blind, deafblind and visually impaired people. More than 45 support groups for seniors with vision loss are available in communities throughout Alberta.

Lethbridge Senior Citizens Organization
500 - 11 Street S, Lethbridge, Alberta T1J 4G7
Phone: (403) 320-2222 Fax: (403) 320-2762
e-mail: lsco@telusplanet.net
Website: www.telusplanet.net/public/lsco
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 8:00 a.m. - 4:30 p.m.

The organization offers services and activities for individuals 60 and older, such as shopping assistance, a volunteer driver program, a handi-van, drop-in coffee, a cafeteria, funeral lunches, counseling, an Alzheimer's support group, peer support, a personal emergency response system, visitation services, games, crafts, dances, music programs, sports, clubs, group travel excursions, wellness clinics, adult day care, respite care, a podiatrist, reflexology, nutrition counseling, volunteer tax preparation, assistance completing forms, a resource library, internet access, newsletters, a directory of services, advocacy services, computer classes, guest speakers and facility rentals.

Nord Bridge Senior Citizens Association
1904 - 13 Avenue N, Lethbridge, Alberta T1H 4W9
Phone: (403) 329-3222 Fax: (403) 329-8824
e-mail: nordbrdg@telusplanet.net
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The association offers services and activities for individuals 55 and older, such as drop-in coffee, cafeteria, counseling, an elder abuse program, visitation services, games, crafts, music programs, sports, clubs, wellness clinics, volunteer tax preparation, assistance completing forms, newsletters and facility rentals.

The Parkinson's Society of Southern Alberta - Lethbridge Chapter
1254 - 3 Avenue S, Lethbridge, Alberta T1J 0J9
Phone: (403) 317-7710 Fax: (403) 327-2820
e-mail: pssa@canuck.com
Website: www.parkinsons-society.org
Annual Membership Fee: $25.00
Hours of Operation: Tuesday, Wednesday & Thursday, 9:00 a.m. - 4:00 p.m.

The society provides counselling and support for people with Parksinson's Disease and those close to them, visitation services, educational presentations, therapeutic and recreational exercise programs, a resource library and newsletters.

Tonarigumi Lethbridge & District Japanese Senior Citizens Organization
3611 Forestry Avenue, Lethbridge, Alberta T1K 3L5

Linden

Linden Care & Share Society
Box 184, Linden, Alberta T0M 1J0
Building Address: Lot 4, 1 Street E
Phone: (403) 546-3090
Annual Membership Fee: $15.00
Hours of Operation: Tuesday, 10:00 a.m. - 12:00 p.m.; Thursday, 2:00 p.m. - 4:00 p.m.

The society offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, games, sports and facility rentals.

Lloydminster

Catholic Social Services – Lloyminster Office
501D, 5014 - 48 Street, Lloydminster, Alberta T9V 2G5
Phone: (780) 875-9084 Fax: (780) 875-5007
Website: www.catholicsocialservices.ab.ca

The organization offers community and immigration services, children and youth services, family services, rehabilitation services, substance abuse and corrections services, enhancement services and an elder abuse program. Programs are provided to persons of all faiths and cultures.

Lloydminster Senior Citizens Society
Box 1545, Lloydminster, Alberta S9V 1R5
Building Address: 5101 - 46 Street
Phone: (780) 875-4584 Fax: (780) 875-4582
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The society offers services and activities for individuals 55 and older, such as drop-in coffee, funeral lunches, an Alzheimer's support group, games, crafts, dances, music programs, sports, group travel excursions, wellness clinics, volunteer tax preparation, newsletters, guest speakers and facility rentals.

Lomond

Lomond Sunshine Drop-In Centre
Box 53, Lomond, Alberta T0L 1G0
Building Address: 115 - 1 Street S
Phone: (403) 792-3748
Annual Membership Fee: $5.00

The centre offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, games, music programs, sports, wellness clinics and facility rentals.

Lougheed

Lougheed Senior Citizens Welcome Club
Box 306, Lougheed, Alberta T0B 2V0
Phone: (780) 386-2293
Annual Membership Fee: $10.00
Hours of Operation: Monday & Wednesday, 2:00 p.m. - 4:00 p.m.

The club offers services and activities for individuals 55 and older, potluck dinners, funeral lunches, a food bank, an Alzheimer's support group, visitation services, games, sports, clubs and wellness clinics.

Mallaig

Mallaig & District Senior Citizen Club
Box 136, Mallaig, Alberta T0A 2K0
Phone: (780) 635-3757
Annual Membership Fee: $10.00
Hours of Operation: Tuesday, 2:00 p.m. - 4:30 p.m.

The club offers services and activities for individuals 55 and older, such as potluck dinners, music programs, games, sports, group travel excursions, wellness clinics and facility rentals.

Manning

Senior Citizens Star Centre
Box 577, Manning, Alberta T0H 2M0
Annual Membership Fee: $5.00
Hours of Operation: Thursday, 1:00 p.m. - 4:30 p.m.

The centre offers services and activities for individuals 55 and older, such as drop-in coffee, games, crafts, music programs, sports, wellness clinics and facility rentals.

Mannville

Mannville Golden Age Society
Box 532, Mannville, Alberta T0B 2W0
Building Address: 50 Street and 50 Avenue
Phone: (780) 763-3556
Annual Membership Fee: $5.00
Hours of Operation: Monday - Saturday, 9:30 a.m. - 5:00 p.m.

The society offers services and activities such as drop-in coffee, potluck dinners, games, sports and a directory of services.

Marwayne

Marwayne Senior Citizens Society
Box 506, Marwayne, Alberta T0B 2X0
Phone: (780) 847-2605
Annual Membership Fee: $5.00
Hours of Operation: Wednesday, 1:00 p.m. - 5:00 p.m.

The society offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, games, crafts, sports, wellness clinics, a podiatrist and facility rentals.

Mayerthorpe

Senior Citizens Centre
4909 - 52 Street, Mayerthorpe, Alberta T0E 1N0
Phone: (780) 786-4153
Annual Membership Fee: $2.00

The centre offers services and activities for individuals 50 and older, such as potluck dinners and games.

McLennan

McLennan Golden Age Club
Box 152, McLennan, Alberta T0H 2L0
Phone: (780) 324-3622

The club offers services and activities for individuals 50 and older, such as Meals-on-Wheels, a volunteer driver program, drop-in coffee, potluck dinners, games, music programs, sports and facility rentals.

Medicine Hat

The Canadian National Institute for the Blind
102, 510 - 2 Street SE, Medicine Hat, Alberta T1A 0C6
Phone: (403) 527-2211 Fax: (403) 526-3548
Website: www.cnib.ca

The CNIB provides counseling, rehabilitation services and support to help blind, deafblind and visually impaired people. More than 45 support groups for seniors with vision loss are available in communities throughout Alberta.

City of Medicine Hat Senior Services

Strathcona Centre
1150 - 5 Street SE,
Medicine Hat, AB T1A 8C7

Veiner Centre
225 Woodman Avenue SE
Medicine Hat, AB T1A 3H2

Phone: (403) 529-8385 Fax: (403) 529-8382
e-mail: shetis@city.medicine-hat.ab.ca
Annual Membership Fee: Partial: $25.00; Full: $40.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 10:30 p.m.;
Saturday & Sunday, 11:30 a.m. - 3:30 p.m.

The centres offer active living and wellness programs, educational and information and referral services for individuals 50 and older. Services and activities offered include Meals-on-Wheels, shopping assistance, a volunteer driver program, drop-in coffee, a cafeteria, funeral lunches, visitation services, games, crafts, dances, music programs, sports, clubs, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, a resource library, newsletters, a directory of services, advocacy services, computer classes, facility rentals, Wheels-to-Meals and a wise owls fraud awareness program.

Milk River

Milk River and District Seniors Society
Box 505, Milk River, Alberta T0K 1M0
Phone: (403) 647-3535
Annual Membership Fee: $5.00

The society offers services and activities for individuals 60 and older, such as potluck dinners, games, sports, group travel excursions, wellness clinics and facility rentals.

Mirror

Mirror Jolly Seniors Society
Box 41, Mirror, Alberta T0B 3C0
Building Address: 5119 - 50 Avenue
e-mail: gnafinch@telusplanet.net
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 9:30 a.m. - 11:30 a.m.

The society offers services and activities for individuals 45 and older, such as handyman services, a volunteer driver program, drop-in coffee, potluck dinners, games, sports and facility rentals.

Morinville

Morinville Seniors Rendez Vous Centre
9913 - 104 Street, Morinville, Alberta T8R 1R8
Phone: (780) 939-2727
Hours of Operation: Monday & Thursday, 1:00 p.m. - 4:30 p.m.;
Tuesday & Friday, 1:00 p.m. - 3:30 p.m.

The centre offers services and activities for individuals 50 and older, such as funeral lunches, peer support, an elder abuse program, games, dances, sports, group travel excursions, wellness clinics, newsletters, a directory of services, computer classes and facility rentals.

Mundare

Mundare Senior Citizen Club
Box 279, Mundare, Alberta T0B 3H0
Building Address: 5224 - 50 Street
Phone: (780) 764-3959
Annual Membership Fee: $5.00
Hours of Operation: Wednesday, 1:00 p.m. - 4:00 p.m.

The club offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, peer support, personal emergency response system, visitation services, games, crafts, sports, group travel excursions, wellness clinics, guest speakers and facility rentals.

Myrnam

Myrnam Senior Citizens Centre
Box 9, Myrnam, Alberta T0B 3K0
Phone: (403) 366-3731

Nampa

Nampa Golden Pioneers Drop-In Centre
Box 447, Nampa, Alberta T0H 2R0
Building Address: 10203 - 100 Avenue
Phone: (780) 322-3883
Annual Membership Fee: $10.00

The centre offers services and activities for individuals 55 and older, such as a handi-van, potluck dinners, funeral lunches, games and sports.

Nanton

Town and Country Kosy Korner
Box 282, Nanton, Alberta T0L 1R0
Building Address: 2211 - 20 Street
Phone: (403) 646-2384 Fax: (403) 646-2653
Annual Membership Fee: $5.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 5:00 p.m.

The organization offers services and activities for individuals 55 and older, such as games, dances, sports, wellness clinics, assistance completing forms, a resource library, advocacy services, guest speakers and facility rentals.

Okotoks

Okotoks and District Seniors Club
Box 1262, Okotoks, Alberta T0L 1T0
Building Address: 204 Community Way
Phone: (403) 995-4107
e-mail: oksenior@lexicom.ab.ca
Annual Membership Fee: $10.00

The club offers services and activities such as drop-in coffee, potluck dinners, funeral lunches, games, music programs, sports, group travel excursions, adult day care, internet access, guest speakers and facility rentals.

Oyen

Oyen & District Senior Citizens Association
Box 242, Oyen, Alberta T0J 2J0
Building Address: 219 - 1 Street W
Phone: (403) 664-3686
Annual Membership Fee: $10.00

The association offers services and activities for individuals 55 and older, such as potluck dinners, visitation services, games, crafts, dances, sports, clubs and facility rentals.

Paradise Valley

Paradise Valley and District Senior Citizens Association
111 Main Street, Paradise Valley, Alberta T0B 3R0
Phone: (780) 745-2212
Annual Membership Fee: $5.00

The association offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, a food bank, games, crafts, music programs, sports, clubs, group travel excursions, wellness clinics, a podiatrist, nutrition counseling, a Commissioner of Oaths, a directory of services, guest speakers and facility rentals.

Peace River

Peace River Seniors Citizens Club
Box 3100, Peace River, Alberta T8S 1R8
Phone: (780) 624-2700
Annual Membership Fee: $10.00

The club offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, sports and facility rentals.

Penhold

Penhold Half-Century Plus Society
General Delivery, Penhold, Alberta T0M 1R0

Picture Butte

Picture Butte Happy Oldtimers
Box 534, Picture Butte, Alberta T0K 1V0
Building Address: 607 Highway Avenue
Phone: (403) 732-4775
Annual Membership Fee: $10.00

The organization offers services and activities for individuals 50 and older, such as Meals-on-Wheels, shopping assistance, a handi-van, drop-in coffee, potluck dinners, peer support, games, crafts, dances, music programs, sports, group travel excursions, wellness clinics, newsletters, a directory of services and guest speakers.

Pincher Creek

Fred Huddlestun Senior Citizens Centre Society
Box 2481, Pincher Creek, Alberta T0K 1W0

Plamondon

Plamondon Pioneer Club
Box 75, Plamondon, Alberta T0A 2T0
Phone: (780) 798-3786
Annual Membership Fee: $5.00

The club offers services and activities for individuals 45 and older, such as Meals-on-Wheels, potluck dinners, funeral lunches, games, music programs, sports, group travel excursions, wellness clinics and facility rentals.

Ponoka

Ponoka Drop-In Centre
5015 - 46 Avenue, Ponoka, Alberta T4J 1K7
Phone: (403) 783-5012
Annual Membership Fee: $10.00

The centre offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, crafts, music programs, sports, clubs, wellness clinics and facility rentals.

Provost

Provost Senior Citizens Society
Box 431, Provost, Alberta T0B 3S0
Building Address: 5137 - 48 Street
Phone: (780) 753-2625
Annual Membership Fee: $10.00
Hours of Operation: Women only: Monday & Friday 12:30 p.m. - 4:00 p.m.;
Men only: Tuesday & Thursday 12:30 p.m. - 4:00 p.m.;
Mixed: Wednesday, 12:30 p.m. - 4:00 p.m.

The society offers services and activities for individuals 50 and older, such as a volunteer driver program, a handi-van, drop-in coffee, potluck dinners, games, guest speakers and facility use.

Raymond

Raymond & District Seniors Association
Box 134, Raymond, Alberta T0K 2S0
Phone: (403) 752-4744
Annual Membership Fee: $15.00

The association offers services and activities for individuals 55 and older, such as potluck dinners, an elder abuse program, games, crafts, music programs, sports, group travel excursions, wellness clinics, a resource library, guest speakers and facility rentals.

Redcliff

Redcliff Senior Citizens Society
Box 1198, Redcliff, Alberta T0J 2P0
Building Address: 26 Main Street S
Phone: (403) 548-3728 Fax: (403) 548-3499
Annual Membership Fee: $5.00

The society offers services and activities for individuals 50 and older, such as potluck dinners, funeral lunches, games, sports and group travel excursions.

Red Deer

Alzheimer Society of Red Deer & Central Alberta
4620 - 47 Avenue, Red Deer, Alberta T4N 6C3
Phone: (403) 346-2540 Fax: (403) 342-0448
e-mail: rd-alzh@incentre.net
Annual Membership Fee: $10.00
Hours of Operation: Tuesday & Thursday, 9:00 a.m. - 4:00 p.m.

The society assists families dealing with the personal and social consequences of Alzheimer's Disease and supports research for a cure to the disease. Services include an Alzheimer's support group, adult day programs, educational presentations, telephone support, a wandering registry, a resource centre, newsletters, advocacy services and guest speakers.

The Canadian National Institute for the Blind
Box 101, Red Deer, Alberta T4N 5E7
Phone: (403) 346-0037 Fax: (403) 346-0037
Website: www.cnib.ca

The CNIB provides counseling, rehabilitation services and support to help blind, deafblind and visually impaired people. More than 45 support groups for seniors with vision loss are available in communities throughout Alberta.

Catholic Social Services - Red Deer Office

5104 - 48 Avenue
Red Deer, Alberta T4N 3T8
Phone: (403) 347-8844
Fax: (403) 342-1890

202, 5000 Gaetz Avenue
Red Deer, Alberta T4N 6C2
Phone: (403) 346-8818
Fax: (403) 347-5220

Website: www.catholicsocialservices.ab.ca

The organization offers community and immigration services, children and youth services, family services, rehabilitation services, substance abuse and corrections services, enhancement services and an elder abuse program. Programs are provided to persons of all faiths and cultures.

Golden Circle Senior Resource Centre

4620 - 47 Avenue, Red Deer, Alberta T4N 3P5
Phone: (403) 343-6074 Fax: (403) 343-7977
e-mail: davegold@telusplanet.net
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 4:00 p.m.

The centre offers services and activities for individuals 50 and older, such as handyman services, shopping assistance, a volunteer driver program, drop-in coffee, a cafeteria, funeral lunches, counseling, an elder abuse program, visitation services, games, dances, crafts, music programs, sports, wellness clinics, volunteer tax preparation, a resource library, newsletters, a directory of services, advocacy services, computer classes, guest speakers and facility rentals.

Red Deer Lifeline

Bag 5030, Red Deer, Alberta T4N 6R2
Building Address: 3942 - 50A Avenue
Phone: (403) 343-4550 Fax: (403) 309-2832
e-mail: pthomas@dthr.ab.ca
Website: www.dthr.ab.ca
Hours of Operation: 24 hours/day, 7 days/week

The organization operates a personal emergency response and support service to access medical assistance.

The Red Deer Senior Citizens Downtown House

5414 - 43 Street, Red Deer, Alberta T4C 1C9
Phone: (403) 346-4043 Fax: (403) 346-4043
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 4:00 p.m.

The organization offers services and activities for individuals 50 and older, such as a volunteer driver program, drop-in coffee, potluck dinners, a cafeteria, funeral lunches, games, crafts, dances, music programs, sports, group travel excursions, newsletters, a directory of services, catering and facility rentals.

Redwater

Redwater & District Pioneer Club
Box 932, Redwater, Alberta T0A 2W0
Building Address: 4916 - 50 Street
Phone: (780) 942-3326
Annual Membership Fee: $5.00

The club offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, music programs, sports, group travel excursions, wellness clinics, a directory of services and facility rentals.

Rimbey

Rimbey Drop In Senior Citizens Club
Box 1352, Rimbey, Alberta T0C 2J0
Building Address: 4906 - 50 Street
Phone: (403) 843-2012
Annual Membership Fee: $10.00
Hours of Operation: Monday, Tuesday, Wednesday & Friday, 1:00 p.m. - 5:00 p.m.

The club offers services and activities for individuals 55 and older, such as drop-in coffee, games, music programs, sports and wellness clinics.

Rochester

Rochester Golden Age Club
Box 183, Rochester, Alberta T0G 1Z0
Phone: (780) 698-2447
Annual Membership Fee: $5.00

The club offers services and activities such as drop-in coffee, potluck dinners, funeral lunches, games, dance, crafts, group travel excursions, wellness clinics and a library.

Rocky Mountain House

Rocky Mountain House Pioneer Centre
Box 1533, Rocky Mountain House, Alberta T4T 1B2

Rockyford

Rockyford Friendship Club
Box 216, Rockyford, Alberta T0J 2R0
Building Address: 111 Main Street
Phone: (780) 533-3955
Annual Membership Fee: $10.00

The club offers services and activities for individuals 45 and older, such as drop-in coffee, potluck dinners, games, crafts, music programs, sports, group travel excursions, wellness clinics, a Commissioner of Oaths, a directory of services, guest speakers and facility rentals.

Rosalind

Rosalind Seniors Society
Box 62, Rosalind, Alberta T0B 3Y0
Building Address: Main Street
Phone: (780) 375-2199
Annual Membership Fee: $5.00
Hours of Operation: Monday - Friday, 8:00 a.m. - 11:00 a.m. & 1:30 p.m. - 4:00 p.m.
Wednesday & Saturday, 9:00 a.m. - 11:00 a.m.

The society offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, a food bank, games, crafts, sports and facility rentals.

Rosemary

Rosemary & District New Horizon Society
Box 192, Rosemary, Alberta T0J 2W0

Rycroft

Rycroft Merry Pioneers
Box 171, Rycroft, Alberta T0H 3A0
Building Address: 4717 - 50 Street
Phone: (780) 765-3060
Annual Membership Fee: $5.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 12:00 p.m. & 1:00 p.m. - 5:00 p.m.

The organization offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, music programs, sports, group travel excursions, wellness clinics and facility rentals.

Ryley

Ryley Sunshine Club
Box 127, Ryley, Alberta T0B 4A0
Building Address: 5124 - 50 Street
Phone: (780) 663-3500
Annual Membership Fee: $10.00
Hours of Operation: Monday, 1:30 p.m. - 4:30 p.m.; Wednesday, 1:00 p.m. - 5:00 p.m.

The club offers services and activities for individuals 55 and older, such as a volunteer driver program, drop-in coffee, funeral lunches, a food bank, games, sports, wellness clinics and facility rentals.

Saddle Lake

Saddle Lake Seniors Recreation
Box 100, Saddle Lake, Alberta T0A 3T0

St. Albert

St. Albert Senior Citizens Club
7 Tache Street, St. Albert, Alberta T8N 2S3
Phone: (780) 459-0433
e-mail: seniorcc@telusplanet.net
Annual Membership Fee: $35.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The club offers services and activities for individuals 50 and older, such as a volunteer driver program, drop-in coffee, potluck dinners, games, crafts, dances, music programs, sports, group travel excursions, wellness clinics, adult day care, a podiatrist, reflexology, nutrition counseling, a Commissioner of Oaths, assistance completing forms, internet access, newsletters, a directory of services, advocacy services, guest speakers and facility rentals.

St. Brides

Ashmont Senior Citizens
Box 82, St. Brides, Alberta T0A 2Y0
Phone: (780) 645-2205
Annual Membership Fee: $5.00

The organization offers services and activities for individuals 50 and older, such as potluck dinners, funeral lunches, games, crafts, sports, group travel excursions and wellness clinics.

St. Isidore

Club du Bon Temps
General Delivery, St. Isidore, Alberta T0H 3R0
Annual Membership Fee: $10.00

The organization offers services and activities for individuals 55 and older, such as games, dances and sports.

St. Micheal

Golden Age Club
Box 75, St. Micheal, Alberta T0B 4B0
Phone: (780) 896-3806
Annual Membership Fee: $5.00

The club offers services and activities for individuals 45 and older, such as drop-in coffee, a personal emergency response system, games, sports and wellness clinics.

St. Paul

Centennial Senior Citizen Opportunity Club
5114 - 49 Street, St. Paul, Alberta T0A 3A2
Phone: (780) 645-2929
Annual Membership Fee: $5.00

The club offers services and activities for individuals 55 and older, such as funeral lunches, games, dances, sports, wellness clinics and facility rentals.

St. Paul Senior Citizens Club
4809 - 47 Street, St. Paul, Alberta T0A 3A3
Phone: (780) 645-5566
Hours of Operation: Monday - Friday, 9:00 a.m. - 3:00 p.m.

The club offers services and activities for individuals 55 and older, such as Wheels-to-Meals, potluck dinners, funeral lunches, games, music programs, sports and facility rentals.

Sangudo

Sangudo Golden Club
Box 73, Sangudo, Alberta T0E 2A0
Phone: (780) 384-3009

Seba Beach

Seba Beach Seniors Golden Age Club
Box 293, Seba Beach, Alberta T0E 2B0
Building Address: 109 - 1 Street S
Phone: (780) 797-3087
Annual Membership Fee: $12.00

The club offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, a food bank, peer support, games, dances, crafts, sports, group travel excursions, wellness clinics, assistance completing forms, newsletters, a directory of services, guest speakers and facility rentals.

Sedgewick

Sedgewick Seniors Club
Box 123, Sedgewick, Alberta T0B 4C0
Phone: (403) 384-3009

Sherwood Park

Information and Volunteer Centre for Strathcona County
100 Ordze Avenue, Sherwood Park, Alberta T8B 1M6
Phone: (780) 464-4242 Fax: (780) 449-1354
e-mail: ivc@shaw.ca
Website: www.ivcstrathcona.org
Hours of Operation: Monday - Friday, 8:30 a.m. - 4:30 p.m.

The organization offers community information relevant to seniors, seniors' information packages and volunteer opportunities for seniors. Other services offered include a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, a directory of services and facility rentals.

Sherwood Oaks Senior Citizens Association
Box 79065, Sherwood Park, Alberta T8A 2G4
Phone: (780) 467-8389
Annual Membership Fee: $20.00

The association offers services and activities for individuals 55 and older, such as games, crafts, music programs and sports.

Slave Lake

Slave Lake Pioneers
Box 947, Slave Lake, Alberta T0G 2A2
Building Address: 208 - 4 Avenue NE
Phone: (780) 849-5117
Annual Membership Fee: $5.00
Hours of Operation: Monday - Wednesday & Friday, 1:00 p.m. - 4:00 p.m.;
Thursday, 7:00 p.m. - 9:00 p.m.; Saturday, 2:00 p.m. - 4:00 p.m.

The organization offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, crafts, sports, a directory of services and facility rentals.

Smith

Smith Half Century Plus Association
Box 5, Smith, Alberta T0G 2B0
Phone: (780) 829-3733 Fax: (780) 829-2088
e-mail: mjconrad@telusplanet.net
Annual Membership Fee: $5.00

The association offers services and activities for individuals 50 and older, such as handyman services, shopping assistance, a volunteer driver program, drop-in coffee, potluck dinners, a cafeteria, funeral lunches, counseling, a personal emergency response system, games, crafts, sports, group travel excursions, wellness clinics, adult day care, a podiatrist, nutrition counseling, a Commissioner of Oaths, volunteer tax preparation, assistance completing forms, a directory of services and facility rentals.

Smoky Lake

Smoky Lake Senior Citizens Club
Box 754, Smoky Lake, Alberta T0A 3C0
Building Address: 124 White Earth Street
Phone: (780) 656-4104
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 5:00 p.m.;
Saturday 9:00 a.m. - 12:00 p.m.; Sunday 2:00 p.m. - 5:00 p.m.

The club offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, dances, sports, group travel excursions, wellness clinics, guest speakers and facility rentals.

Spirit River

Happy Hour Club
Box 813, Spirit River, Alberta T0H 3G0
Building Address: 5015 - 47 Avenue
Phone: (780) 864-3571
Annual Membership Fee: $10.00
Hours of Operation: 2nd Monday of month; Tuesday, Thursday & Saturday, 1:00 p.m. - 4:00 p.m.

The club offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, games, crafts, sports and wellness clinics.

Spruce Grove

Spruce Grove Golden Age Club
Box 3084, Spruce Grove, Alberta T7X 3A4
Building Address: 301 Jespersen Avenue
Phone: (780) 962-5020
Annual Membership Fee: $10.00

The club offers services and activities for individuals 55 and older, such as a handi-van, drop-in coffee, funeral lunches, a personal emergency response system, games, crafts, dances, music programs, sports, wellness clinics, nutrition counseling, computer classes, guest speakers and facility rentals.

Spruce View

Spruce View Golden West Drop In
Box 128, Spruce View, Alberta T0M 1V0
Phone: (403) 728-3564
Annual Membership Fee: $2.50

The organization offers services and activities for individuals 45 and older, such as drop-in coffee, potluck dinners, funeral lunches, a personal emergency response system, games, music programs, sports, clubs, a resource library and newsletters.

Standard

Standard Young At Heart Club
Box 327, Standard, Alberta T0J 3G0
Building Address: 814 The Broadway
Phone: (403) 644-2147 Fax: (403) 644-2147
Annual Membership Fee: $10.00
Hours of Operation: Monday - Saturday, 9:30 a.m. - 11:00 a.m.

The club offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, a personal emergency response system, an elder abuse program, games, music programs, sports, wellness clinics and guest speakers.

Stavely

Stavely Golden Age Centre
Box 146, Stavely, Alberta T0L 1Z0
Building Address: 50 Avenue and 50 Street
Phone: (403) 549-3933
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 1:00 p.m. - 5:00 p.m.

The centre offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, crafts, music programs, sports, group travel excursions and wellness clinics.

Stettler

Erskine & District Seniors
Box 871, Stettler, Alberta T0C 1G0
Annual Membership Fee: $5.00

The organization offers services and activities for individuals 45 and older, such as potluck dinners, games, crafts, sports and facility rentals.

Stirling

Stirling Seniors
Box 23, Stirling, Alberta T0K 2E0
Building Address: 5 Street
Annual Membership Fee: $10.00

The organization offers services and activities for individuals 55 and older, such as potluck dinners, games and crafts.

Stony Plain

Senior Citizens Society of Stony Plain
5018 - 51 Avenue, Stony Plain, Alberta T7Z 1C2
Phone: (780) 963-4707
Annual Membership Fee: $10.00
Hours of Operation: Monday - Saturday, 8:30 a.m. - 12:00 p.m.

The society offers services and activities for 55 and older, such as games, crafts, dances, sports, wellness clinics and facility rentals.

Strathmore

Senior Happy Gang
Box 2054, Strathmore, Alberta T1P 1K1
Building Address: 85 Lakeside Boulevard
Annual Membership Fee: $12.00
Hours of Operation: Tuesday - Friday, 1:15 p.m. - 5:00 p.m.

The organization offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, games and sports.

Strome

Strome Senior Citizen Drop-In Centre
Box 185, Strome, Alberta T0B 4H0

Sundre

Sundre West Country Centre
Box 1896, Sundre, Alberta T0M 1X0
Building Address: 4, 101 - 2 Avenue NW
Phone: (403) 638-3298
Annual Membership Fee: $10.00

The centre offers services and activities for individuals 50 and older, such as Meals-on-Wheels, drop-in coffee, potluck dinners, games, crafts, dances, sports, group travel excursions, wellness clinics, guest speakers and facility rentals.

Swan Hills

50+ Graying & Staying
Box 149, Swan Hills T0G 2C0
Phone: (780) 333-7099

Sylvan Lake

Sylvan Lake Friendship Club
4, 4908 - 50 Avenue, Sylvan Lake, Alberta T4S 1C9

Taber

Parkside Manor of Taber
c/o 5714 - 56 Street, Taber, Alberta T1G 1K9
Building Address: 4830 - 50 Street
Phone: (403) 223-2153
Annual Membership Fee: $10.00
Hours of Operation: Monday - Saturday, 9:00 a.m. - 5:00 p.m.

The organization offers services and activities for individuals 50 and older, such as Meals-on-Wheels, potluck dinners, funeral lunches, a food bank, games, dance classes, music programs, sports, group travel excursions, wellness clinics, guest speakers and facility rentals.

Readymade 50 Plus Club
5827 - 47A Street, Taber, Alberta T1G 1E6

Tees

Tees 50+ Club
Box 106, Tees, Alberta T0C 2N0
Building Address: 24 McNabb Street
Phone: (403) 784-3791
Annual Membership Fee: $1.00

The club offers services and activities for individuals 50 and older, such as potluck dinners, games and sports.

Thorhild

Thorhild Golden Age Drop In Centre
Box 6, Thorhild, Alberta T0A 3J0
Phone: (780) 398-3564
Annual Membership Fee: $5.00

The centre offers services and activities for individuals 50 and older, such as a volunteer driver program, drop-in coffee, funeral lunches, visitation services, games, crafts, sports, group travel excursions, wellness clinics, volunteer tax preparation and assistance completing forms.

Thorsby

Thorsby Senior Citizens Club
Box 145, Thorsby, Alberta T0C 2P0
Building Address: 4812 - 51 Street
Phone: (780) 789-3016
Annual Membership Fee: $4.00

The club offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, games, sports, wellness clinics and facility rentals.

Three Hills

Seniors Outreach Program, Three Hills & District
Box 1465, Three Hills, Alberta T0M 2A0
Building Address: 160 - 3 Avenue S
Phone: (403) 443-2555 Fax: (403) 443-7755
Hours of Operation: Monday - Friday, 9:00 a.m. - 4:00 p.m.

The organization offers services such as handyman services, shopping assistance, a volunteer driver program, drop-in coffee, counseling, a widows'/widowers' support group, visitation services, wellness clinics, respite care, a Commissioner of Oaths, assistance completing forms, newsletters, a directory of services, advocacy services, a link-to-health program, a suicide awareness support group and a program that assists seniors with vision loss.

Three Hills Pioneer Society
Box 72, Three Hills, Alberta T0M 2A0
Building Address: 499 - 3 Avenue S
Annual Membership Fee: $20.00

The society offers services and activities for individuals 55 and older, such as Meals-on-Wheels, potluck dinners, games, music programs, sports, group travel excursions and facility rentals.

Tilley

Tilley Friendship Society
237 Centre Street, Tilley, Alberta T0J 3K0
Phone: (403) 377-2590
Annual Membership Fee: $5.00

The society offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, sports, wellness clinics, a directory of services, guest speakers and facility rentals.

Tofield

Tofield Golden Club
Box 357, Tofield, Alberta T0B 4J0
Building Address: 5004 - 54 Avenue
Phone: (780) 662-3785
Annual Membership Fee: $5.00
Hours of Operation: Monday - Saturday, 7:00 a.m. - 11:00 a.m.,

The club offers services and activities for individuals 55 and older, such as drop-in coffee, games, dances, music programs, sports, wellness clinics and facility rentals.

Trochu

Trochu & District Senior Citizens Association
Box 6, Trochu, Alberta T0M 2C0

Turner Valley

Valley Neighbours Club
Box 1024, Turner Valley, Alberta T0L 2A0
Building Address: 133 Sunset Avenue
Phone: (403) 933-4445
Annual Membership Fee: $5.00

The club offers services and activities such as potluck dinners, alcohol addiction support groups, games, sports, wellness clinics and a podiatrist.

Two Hills

Two Hills Senior Citizens Centre
Box 147, Two Hills, Alberta T0B 4K0
Building Address: 4903 - 47 Avenue
Phone: (780) 657-2922
Annual Membership Fee: $10.00

The centre offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, dances, sports and facility rentals.

Valleyview

Valleyview and District Sun Valley Pioneers
Box 1381, Valleyview, Alberta T0H 3N0
Building Address: 5104 - 48 Avenue
Phone: (780) 524-2015
Annual Membership Fee: $10.00
Hours of Operation: Sunday, Wednesday & Thursday, 1:00 p.m. - 4:00 p.m.

The organization offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, a widows'/widowers' support group, games, dances, music programs, sports, group travel excursions, wellness clinics and facility rentals.

Vauxhall

Vauxhall & District Senior Citizens Club
Box 751, Vauxhall, Alberta T0K 2K0

Vegreville

Vegreville Senior Citizens Sunshine Club
4630 - 49 Street, Vegreville, Alberta T9C 1C2
Phone: (780) 632-2624
Annual Membership Fee: $10.00
Hours of Operation: Monday - Saturday, 10:00 a.m. - 4:00 p.m.

The club offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, funeral lunches, a food bank, peer support, games, sports, group travel excursions, wellness clinics and facility rentals.

Vermilion

Catholic Social Services - Vermilion Office
11, 4701 - 52 Street, Vermilion, Alberta T9X 1J9
Phone: (780) 853-5270 Fax: (780) 853-7362
Website: www.catholicsocialservices.ab.ca

The organization offers community and immigration services, children and youth services, family services, rehabilitation services, substance abuse and corrections services, enhancement services and an elder abuse program. Programs are provided to persons of all faiths and cultures.

Vermilion Senior Citizens' Centre
5324 - 50 Avenue, Vermilion, Alberta T9X 1V2
Phone: (780) 853-4292 Fax: (780) 853-4292
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 9:00 a.m. - 11:30 a.m.

The centre offers services and activities for individuals 50 and older, such as Meals-on-Wheels, a handi-van, games, dances, music programs, sports, wellness clinics and the distribution of taxi tickets.

Viking

Viking Seniors Club
Box 825, Viking, Alberta T0B 4N0
Phone: (780) 336-3154
Annual Membership Fee: $5.00
Hours of Operation: Monday - Friday, 8:30 a.m. - 5:00 p.m.

The club offers services and activities for individuals 50 and older, such as games, sports, wellness clinics, guest speakers and facility rentals.

Vilna

Vilna Senior Centre
Box 149, Vilna, Alberta T0A 3L0
Phone: (780) 636-3694
Annual Membership Fee: $2.00

The centre offers services and activities for individuals 55 and older, such as potluck dinners, funeral lunches, games, sports and group travel excursions.

Vulcan

Vulcan Senior Citizens
Box 53, Vulcan, Alberta T0L 2B0
Building Address: 303 Center Street
Phone: (403) 485-2723
Annual Membership Fee: $20.00
Hours of Operation: Monday - Saturday, 10:00 a.m. - 5:00 p.m.

The organization offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, games, crafts, dances, music programs, sports and group travel excursions.

Wabamun

Wabamun and District Seniors Association
5117 - 51 Avenue, Wabamun, Alberta T0E 2K0
Phone: (780) 892-3454
Annual Membership Fee: $15.00
Hours of Operation: Tuesday, Thursday & Friday, 10:00 a.m. - 4:00 p.m.

The association offers services and activities for individuals 50 and older, such as a volunteer driver program, a handi-van, drop-in coffee, potluck dinners, a food bank, games, sports, group travel excursions, wellness clinics, a resource library, internet access, newsletters, a directory of services, computer classes and facility rentals.

Wainwright

Catholic Social Services - Wainwright Office
Suite B, 214 - 8 Street, Wainwright, Alberta T9W 1C4
Phone: (780) 842-6899 Fax: (780) 842-6887
Website: www.catholicsocialservices.ab.ca

The organization offers community and immigration services, children and youth services, family services, rehabilitation services, substance abuse and corrections services, enhancement services and an elder abuse program. Programs are provided to persons of all faiths and cultures.

Wainwright Oldtimers Association
731 - 2 Avenue, Wainwright, Alberta T9W 1C4
Phone: (780) 842-2632
Annual Membership Fee: $15.00

The association offers services and activities for individuals 55 and older, such as drop-in coffee, games, dances, music programs, sports and facility rentals.

Warburg

Warburg Senior Citizens Club
Box 425, Warburg, Alberta T0C 2T0
Building Address: 52 Street
Phone: (780) 848-2377
Annual Membership Fee: Women: $5.00; Men: $20.00

The club offers services and activities for individuals 55 and older, such as a volunteer driver program, drop-in coffee, potluck dinners, games, dances, music programs, sports, wellness clinics and facility rentals.

Waskatenau

Waskatenau Senior Citizens' Association
Box 128, Waskatenau, Alberta T0A 3P0
Building Address: 5156 - 50 Street
Phone: (780) 358-2244
Annual Membership Fee: $5.00
Hours of Operation: Monday - Sunday, 1:00 p.m. - 6:00 p.m.

The association offers services and activities for individuals 50 and older, such as drop-in coffee, potluck dinners, funeral lunches, games, sports, wellness clinics and facility rentals.

Westlock

Golden Age Club
10248 - 105 Street, Westlock, Alberta T7P 1W1
Phone: (780) 349-4100
Annual Membership Fee: $10.00
Hours of Operation: Monday - Friday, 1:00 p.m. - 4:30 p.m.

The club offers services and activities for individuals 55 and older, such as drop-in coffee, potluck dinners, a food bank, games, dances, music programs, sports and a Commissioner of Oaths.

Linaria Senior Citizens Association
RR1, Westlock, Alberta T7P 2N9

Wetaskiwin

Catholic Social Services - Wetaskiwin Office
4715 - 50 Avenue, Wetaskiwin, Alberta T9A 0R9
Phone: (780) 352-5535 Fax: (780) 352-3190
Website: www.catholicsocialservices.ab.ca

The organization offers community and immigration services, children and youth services, family services, rehabilitation services, substance abuse and corrections services, enhancement services and an elder abuse program. Programs are provided to persons of all faiths and cultures.

Pacemakers 55 & Over Club
5003 - 52 Avenue, Wetaskiwin, Alberta T9A 0K1
Phone: (780) 352-1922
Annual Membership Fee: $10.00
Hours of Operation: Monday, Wednesday & Friday, 10:00 a.m. - 12:00 p.m.

The club offers services and activities for individuals 55 and older, such as potluck dinners, games, dances and group travel excursions.

Wetaskiwin Senior Citizens Society
5216 - 54 Street, Wetaskiwin, Alberta T9A 2X1
Phone: (780) 352-4646

Whitecourt

Whitecourt Seniors Circle
Box 1863, Whitecourt, Alberta T7S 1P6
Building Address: 5212 - 50 Street
Phone: (780) 778-4950
Annual Membership Fee: $5.00

The organization offers services and activities for individuals 50 and older, such as a volunteer driver program, drop-in coffee, potluck dinners, visitation services, games, crafts, dances, music programs, sports, group travel excursions, volunteer tax preparation, a resource library, newsletters, guest speakers and facility rentals.

Wildwood

Wildwood Senior Citizens
Box 464, Wildwood, Alberta T0E 2M0
Building Address: 4916 - 51 Avenue
Phone: (780) 325-3923
Annual Membership Fee: $7.00

The organization offers services and activities for individuals 50 and older, such as potluck dinners, games, crafts, sports, wellness clinics and volunteer tax preparation.

Willingdon

Willingdon Senior Citizens Association
Box 34, Willingdon, Alberta T0B 4R0
Phone: (780) 367-2274

Youngstown

Youngstown 50 Plus Club
213 Main Street, Youngstown, Alberta T0J 3P0
Annual Membership Fee: $5.00
Hours of Operation: Tuesday, 7:00 p.m. - 9:00 p.m.

The club offers services and activities for individuals 50 and older, such as games and sports.

Index

National Organizations

Canadian Association for Retired Persons 1
The Canadian National Institute for the Blind (Alberta NWT Nunavut Division) 1
Federal Superannuates National Association 1
National Pensioners and Senior Citizens Federation 1

Provincial Organizations

Alberta Association of Meals on Wheels 2
Alberta Council on Aging 2
Alberta Retired Public Employees Society 2
Alberta Retired Teachers' Association 2
Alberta Senior Citizens Housing Association 3
Alberta Senior Citizen Sport and Recreation Association 3
Alzheimer Society of Alberta 3
Catholic Social Services 3
La Federation des aînés franco-albertains 4
The Parkinson's Society of Alberta 4

Local Organizations

Acadia Valley
Acadia Valley Sunset Club 5
Acme
Acme Seniors 5
Airdrie
Airdrie Over 50 Club 5
Alberta Beach
Alberta Beach & District Senior Citizens Club 5
Alder Flats
Western Pioneers Senior Citizens Association 6
Alix
Alix & District Drop-In Centre 6
Alliance
Alliance Fun For All Club 6
Amisk
Amisk Senior Society 6
Andrew
Andrew Seniors Rainbow Club 6
Ardmore
Ardmore Senior Citizens Club 7
Ardrossan
Ardrossan Seniors Club 7
Athabasca
Athabasca & District Senior Citizens Society 7
Banff
Banff Senior Citizens Society 7
Barons
Barons Senior Citizens Society 7
Barrhead
Barrhead & District Senior Citizens Society 8
Bashaw
Buffalo Lake Golden Age Club 8
Bassano
Bassano Pioneer Damsitters Drop-In Centre 8
Bawlf
Bawlf Senior Citizens Society 8
Beaumont
St. Vital Seniors Centre 8

Index

Beaverlodge
Beaverlodge Senior Citizens Association 9
Beiseker
Golden Years Town and Country Club 9
Bellevue
Bellecrest Senior Citizens 9
Bellis
Senior Citizens Recreation Centre 9
Benalto
Benalto Seniors Leisure Club 9
Berwyn
Berwyn Golden Age Club 10
Bezanson
Bezanson Golden Years Club 10
Big Valley
Big Valley Drop-In Centre 10
Black Diamond
Griffith Memorial Centre Association 10
Blackfalds
Blackfalds Cheemo Club 11
Blackfoot
Blackfoot and District Golden Slippers Association 11
Blairmore
Blairmore Seniors Club 11
Bon Accord
Bon Accord Golden Gems Club 11
Bonnyville
Bonnyville Alzheimer Support Group 11
Bonnyville Senior Citizens 12
Catholic Social Services – Bonnyville Office 12
Botha
Botha Seniors Activity Club 12
Bowden
Bowden Friendship Club 12
Bow Island
Bow Island Golden Age Club 12
Boyle
Boyle & District Senior Citizens Association 13
Breton
Breton Golden Age Club 13
Breynat
Wandering River Senior Citizens Drop-In Centre 13
Brooks
Brooks & District Seniors Outreach Society 13
Prairie Pioneers Club 13
Bruderheim
Bruderheim Senior Citizens Club 14
Buck Lake
Buck Lake Seniors Centre 14
Byemoor
Endmoor Drop-In Society 14
Calgary
Alzheimer Society of Calgary 14
Banff Trail Community 15
Bow Cliff Seniors 50+ 15
Bowmont Seniors Assistance Association 15

Index

Calgary (continued)

Bowness Senior Citizen Club 15
Calgary Chinese Elderly Citizens Association 16
Calgary Jewish Centre 16
Calgary Mayor's Senior Advisory Council 16
Calgary Meals on Wheels 16
Calgary Seniors Resource Society 17
The Canadian National Institute for the Blind 17
Confederation Park Senior Citizen Centre 17
Deaf and Hard of Hearing Services 17
Fish Creek Senior Citizens Centre 17
Glamorgan 55 Plus Seniors Club 18
The Golden Age Club 18
Good Companions 50 Plus Club 18
Greater Forest Lawn Senior Citizen's Society 18
Hungarian Senior Circle 19
Indus Live Wires 19
Inglewood Silver Threads Association 19
Jewish Family Service Calgary 19
Kerby Centre 20
Montgomery Community Association 20
Ogden House Seniors' Club 20
Open Door Senior Fellowship of Calgary 20
Parkdale Nifty Fifties Social Club 20
Parkridge Sundowners 20
Ramsay Welcome Centre 21
Renfrew 50+ Club 21
Southwood Seniors 21
Springbank Heritage Club 21
St. Vladmirs Senior Citizens Club 21
Thornview Seniors Community Association 22
Victoria Community Seniors 22
West Hillhurst Go-Getters Association 22
Westside Senior Service Centre 22

Calmar

Calmar & District Senior Citizens Club 22

Camrose

Camrose & District Senior Centre Society 23

Canmore

Canmore Seniors Association 23

Carbon

New Horizons 23

Cardston

Cardston Seniors Society 23

Carmangay

Carmangay Seniors 24

Caroline

Caroline & District Senior Citizens Drop In Center 24

Carseland

Carseland Jet Setters 24

Carstairs

Carstairs and District Half-Century Association 24

Caslan

Caslan Pioneer Club 24

Castor

Castor Golden Circle 25

Index

Cereal
Cereal Golden Center Group 25
Champion
Champion Pioneer Club 25
Chauvin
Senior Citizen Drop-In Centre 25
Chipman
Chipman Golden Seniors Club 25
Clairmont
Clairmont Seniors Club 26
Clandonald
Clandonald Friendship Club 26
Claresholm
Claresholm Senior Citizen Drop In Centre 26
Clyde
Clyde and District Senior Citizens Club 26
Coaldale
Coaldale Senior Centre 26
Coalhurst
Coalhust 55 Plus Society 27
Cochrane
Big Hill Senior Citizens Activities Society 27
Cochrane 50 & Over Club 27
Cold Lake
Catholic Social Services - Cold Lake Office 27
Cherry Grove Seniors 27
Cold Lake Kinosoo Senior Citizens Society 27
Grande Centre Pensioners & Seniors Club 28
Riverhurst Seniors Guild 28
Coleman
Coleman Seniors Drop-In Centre Association 28
Coronation
Corontation Golden Age Club 28
Cremona
Cremona Gold & Silver Society 28
Crossfield
Crossfield Golden Key Club 29
Czar
The Hitching Post Seniors Society of Czar 29
Darwell
Interlake Golden Age Club 29
Daysland
Sunbeam Drop-In Centre of Daysland 29
DeBolt
DeBolt Pioneer Centre 30
Delburne
Delburne & District Drop In Association 30
Delia
Delia and District Senior Citizens 30
Devon
Devon Pioneer 73 Club 30
Dewberry
Dewberry Senior Citizens 30
Didsbury
Five-0 Club of Didsbury 31
Dixonville
Golden Age Centre 31

Index

Donnelly
Club Des Pioneers 31
Drayton Valley
Senior Citizens Club of Drayton Valley 31
Drumheller
Pioneer Trail Society of Drumheller 32
Eaglesham
Senior Social Club of Eaglesham 32
Eckville
Eckville and District Friendship Club 32
Edberg
Edberg and District Seniors Society 32
Edmonton
Alzheimer Society of Edmonton 33
Alzheimer Support Centre 33
Association for Residence Maintenance for Seniors 33
Association of Adult Day Support Programs 34
Beverly Active Senior Society 34
Calder Seniors Drop-In Society 34
The Canadian National Institute for the Blind 34
Catholic Social Services 35
Central Lions Seniors Association 35
Edmonton Immigrant Services Association 35
Edmonton Meals on Wheels 35
Edmonton Self Starters Organization 36
Edmonton Seniors One Voice Association 36
Elderly Adult Resource Service 36
Golden Horizon Seniors Society 36
Highland Place 36
Indochina Chinese Senior Citizens Association of Edmonton 37
Ital-Canadian Seniors Association 37
Jewish Drop-In Centre 37
Millwoods Cultural Association of Retired and Semi-Retired 37
Native Seniors Centre 37
Northgate Senior Citizens Association 38
Operation Friendship 38
Paralympic Sports Association 38
Senior Citizens Opportunity Neighbourhood Association 38
Society for the Retired and Semi-Retired 39
Society Seniors Caring About Seniors 39
South East Edmonton Seniors Association 39
South-West Seniors Outreach Society 39
St. Micheal's Healthcare Services 40
Strathcona Place Senior Citizen Centre 40
Vietnamese Senior Citizens 40
West Edmonton Seniors Centre 40
West Jasper/Sherwood Seniors Citizen Club 40
Edson
Edson & District Oldtimers Recreation Centre Society 41
Elk Point
Elk Point Pioneer Circle 41
Elnora
Elnora & District Pioneer Club 41
Empress
Empress Friendship Centre 41
Enchant
Enchant and District Senior Citizens 42

Index

Entwistle
Entwistle Jubilee Senior Citizens Society 42
Evansburg
Evansburg Senior Citizens Society 42
Fairview
Fairview Gold Age Society 42
Whitelaw Drop In Center 42
Falher
Club Alouette Seniors Centre 43
Fawcett
Fawcett Senior Citizens Club 43
Ferintosh
Little Beaver "Hi-U" Senior Centre 43
Fishing Lake
Fishing Lake Seniors Group 43
Flatbush
Flatbusg Silver Threads 43
Foremost
Foremost Senior Citizens Society 43
Forestburg
Forestburg Golden Age Club 44
Fort Assiniboine
Fort Assiniboine Friendship Club 44
Fort MacLeod
Fort Macleod Senior Citizens Welcome Mat 44
Fort McMurray
Fort McMurray Golden Years Society 44
Fort Saskatchewan
Pioneer House Club 50 44
Galahad
Galahad Senior Citizens Friendship Club 45
Gibbons
Gibbons Seniors Twilight Club 45
Gleichen
G & C Jubliee Seniors Club 45
Grande Cache
Big Horn Golden Age Club 45
Grande Prairie
Alzheimer Society of Grande Prairie 45
The Canadian National Institute for the Blind 45
Grande Prairie & District Golden Age Centre 46
Grande Prairie and Area Council on Aging - Meals on Wheels & Seniors Outreach 46
Granum
Granum Drop-In Center and Community Center 46
Grimshaw
New Horizon Drop-In Centre 46
Gwynne
Crooked Lake Senior Citizens 47
Halkirk
Halkirk Senior Centre 47
Hanna
Alberta Pioneers Association of Hanna 47
Hardisty
Hardisty Social Club 47
Hay Lakes
Hay Lakes Senior Citizens Centre 47

Index

Heinsburg
Heinsburg Riverview Senior Citizens Club 48
Heisler
Heisler Friendship Club 48
High Prairie
High Prairie Golden Age Club 48
High River
High River Seniors Friendship Centre 48
Hill Spring
Hill Spring Cultural Society 48
Hinton
Hinton Good Companions 49
Holden
Holden Senior Club 49
Hughenden
Hughenden Golden Circle Drop-In Centre 49
Hussar
Hussar Sundowner Senior Citizens Club 49
Hythe
Hythe Golden Age Craft Centre 49
Innisfree
Innisfree Senior Citizens Association 50
Irricana
K.I.K. Senior Citizens Club 50
Irvine
Irvine & District New Horizons Seniors Club 50
Islay
Islay 50 - 100 Club 50
Jarvie
Jarvie Drop-In Centre 51
Jasper
Jasper Seniors Society 51
Kinuso
Kinuso Senior Citizens Friendship Centre 51
Kitscoty
Kitscoty and District Community Centre 51
La Corey
Willow Prairie Senior Citizens 51
La Glace
Twilight Club of La Glace 51
Lac La Biche
Lac La Biche Heritage Society 52
Lacombe
Lacombe Kozy Korner Community Centre 52
Lamont
Lamont New Horizons Seniors Drop In Centre 52
Lavoy
Senior Citizen Golden Centre Lavoy 52
Leduc
Leduc & District Senior Citizens Club 53
Legal
Club 60 Roses 53
Leslieville
Leslieville Leisure Club 53

Index

Lethbridge
Alzheimer Society for Lethbridge and Area 53
The Canadian National Institute for the Blind 54
Lethbridge Senior Citizens Organization 54
Nord Bridge Senior Citizens Association 54
The Parkinson's Society of Southern Alberta - Lethbridge Chapter 54
Tonarigumi Lethbridge & District Senior Citizens Organization 55
Linden
Linden Care & Share Society 55
Lloydminster
Catholic Social Services - Lloydminster Office 55
Lloydminster Senior Citizens Society 55
Lomond
Lomond Sunshine Drop-In Centre 55
Lougheed
Lougheed Senior Citizens Welcome Club 56
Mallaig
Mallaig & District Senior Citizen Club 56
Manning
Senior Citizens Star Centre 56
Mannville
Mannville Golden Age Society 56
Marwayne
Marwayne Senior Citizens Society 57
Mayerthorpe
Senior Citizens Centre 57
McLennan
McLenan Golden Age Club 57
Medicine Hat
The Canadian National Institute for the Blind 57
City of Medicine Hat Senior Services Strathcona Centre & Veiner Centre 58
Milk River
Milk River and District Seniors Society 58
Mirror
Mirror Jolly Seniors Society 58
Morinville
Morinville Seniors Rendez Vous Centre 58
Mundare
Mundare Senior Citizen Club 59
Myrnam
Myrnam Senior Citizens Centre 59
Nampa
Nampa Golden Pioneers Drop-In Centre 59
Nanton
Town and Country Kosy Korner 59
Okotoks
Okotoks and District Seniors Club 60
Oyen
Oyen & District Senior Citizens Association 60
Paradise Valley
Paradise Valley and District Senior Citizens Association 60
Peace River
Peace River Seniors Citizens Club 60
Penhold
Penhold Half-Century Plus Society 60

Index

Picture Butte
Picture Butte Happy Oldtimers 61
Pincher Creek
Fred Huddlestun Senior Citizens Centre Society 61
Plamondon
Plamondon Pioneer Club 61
Ponoka
Ponoka Drop-In Centre 61
Provost
Provost Senior Citizens Society 61
Raymond
Raymond & District Seniors Association 62
Redcliff
Redcliff Senior Citizens Society 62
Red Deer
Alzheimer Society of Red Deer & Central Alberta 62
The Canadian National Institute for the Blind 62
Catholic Social Services – Red Deer Office 63
Golden Circle Senior Resource Centre 63
Red Deer Lifeline 63
The Red Deer Senior Citizens Downtown House 63
Redwater
Redwater & District Pioneer Club 64
Rimbey
Rimbey Drop In Seniors Citizens Club 64
Rochester
Rochester Golden Age Club 64
Rocky Mountain House
Rocky Mountain House Pioneer Centre 64
Rockyford
Rockyford Friendship Club 64
Rosalind
Rosalind Seniors Society 65
Rosemary
Rosemary & District New Horizon Society 65
Rycroft
Rycroft Merry Pioneers 65
Ryley
Ryley Sunshine Club 65
Saddle Lake
Saddle Lake Seniors Recreation 65
St. Albert
St. Albert Senior Citizens Club 66
St. Brides
Ashmont Senior Citizens 66
St. Isidore
Club du Bon Temps 66
St. Micheal
Golden Age Club 66
St. Paul
Centennial Senior Citizen Opportunity Club 66
St. Paul Senior Citizens Club 67
Sangudo
Sangudo Golden Club 67
Seba Beach
Seba Beach Seniors Golden Age Club 67

Index

Sedgewick
Sedgewick Seniors Club 67
Sherwood Park
Information and Volunteer Centre for Strathcona County 67
Sherwood Oaks Senior Citizens Association 67
Slave Lake
Slave Lake Pioneers 68
Smith
Smith Half Century Plus Association 68
Smoky Lake
Smoky Lake Senior Citizens Club 68
Spirit River
Happy Hour Club 68
Spruce Grove
Spruce Grove Golden Age Club 69
Spruce View
Spruce View Golden West Drop In 69
Standard
Standard Young At Heart Club 69
Stavely
Stavely Golden Age Centre 69
Stettler
Erskine & District Seniors 70
Stirling
Stirling Seniors 70
Stony Plain
Senior Citizens Society of Stony Plain 70
Strathmore
Senior Happy Gang 70
Strome
Strome Senior Citizen Drop-In Centre 70
Sundre
Sundre West Country Centre 71
Swan Hills
50+ Graying & Staying 71
Sylvan Lake
Sylvan Lake Friendship Club 71
Taber
Parkside Manor of Taber 71
Readymade 50 Plus Club 71
Tees
Tees 50+ Club 71
Thorhild
Thorhild Golden Age Drop In Centre 72
Thorsby
Thorsby Senior Citizens Club 72
Three Hills
Seniors Outreach Program, Three Hills & District 72
Three Hills Pioneer Society 72
Tilley
Tilley Friendship Society 73
Tofield
Tofield Golden Club 73
Trochu
Trochu & District Senior Citizens Association 73
Turner Valley
Valley Neighbours Club 73

Index

Two Hills
Two Hills Senior Citizens Centre 73
Valleyview
Valleyview and District Sun Valley Pioneers 74
Vauxhall
Vauxhall & District Senior Citizens Club 74
Vegreville
Vegreville Senior Citizens Sunshine Club 74
Vermilion
Catholic Social Services - Vermilion Office 74
Vermilion Senior Citizens' Centre 74
Viking
Viking Seniors Club 75
Vilna
Vilna Senior Centre 75
Vulcan
Vulcan Senior Citizens 75
Wabamun
Wabamun and District Seniors Association 75
Wainwright
Catholic Social Services - Wainwright Office 76
Wainwright Oldtimers Association 76
Warburg
Warburg Senior Citizens Club 76
Waskatenau
Waskatenau Senior Citizens' Association 76
Westlock
Golden Age Club 76
Linaria Senior Citizens Association 77
Wetaskiwin
Catholic Social Services - Wetaskiwin Office 77
Pacemakers 55 & Over Club 77
Wetaskiwin Senior Citizens Society 77
Whitecourt
Whitecourt Seniors Circle 77
Wildwood
Wildwood Senior Citizens 77
Willingdon
Willingdon Senior Citizens Association 78
Youngstown
Youngstown 50 Plus Club 78